

Runner's World Big Book of Marathon and Half-Marathon Training: Winning Strategies, Inpiring Stories, and the Ultimate Training Tools

By Amby Burfoot, Bart Yasso, Jennifer Van Allen, Pam Nisevich Bede RD

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The first dedicated book on marathon and half marathon training from the renowned experts at *Runner's World*

Runner's World Big Book of Marathon and Half-Marathon Training - by Jennifer Van Allen, Bart Yasso, and Amby Burfoot, with Pam Nisevich Bede, RD - gives readers the core essentials of marathon training, nutrition, injury prevention, and more.

The editors of *Runner's World* know marathon training better than anyone on the planet. They have spent the last few years inviting readers to share the long, sweaty journey to the starting line, putting themselves on call to personally answer readers' questions 24/7. This book will include testimonials from real runners, more than 25 training plans for every level and ability, workouts, a runner's dictionary, and sample meal plans.
Runner's World Big Book of Marathons (and Half Marathons) is a powerful and winning resource?the ultimate tool kit for anyone who wants to get from the starting line to the finish line.

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Editorial Review

About the Author

Bart Yasso is the author of *My Life on the Run* and chief running officer at *Runner's World.* He lives in Bethlehem, PA.

Amby Burfoot, *Runner's World*'s editor at large and winner of the 1968 Boston Marathon, has run more than 100,000 lifetime miles (and counting). He lives in Emmaus, PA.
Jen Van Allen manages the *Runner's World* Challenge program and regularly contributes to the magazine. She lives in Bryn Mawr, PA.

Users Review

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This book untitled Runner's World Big Book of Marathon and Half-Marathon Training: Winning Strategies, Inpiring Stories, and the Ultimate Training Tools to be one of several books that will best seller in this year, here is because when you read this guide you can get a lot of benefit on it. You will easily to buy that book in the book shop or you can order it by means of online. The publisher of this book sells the e-book too. It makes you more easily to read this book, as you can read this book in your Cell phone. So there is no reason to you personally to past this guide from your list.

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