

Teach Yourself How To Run A Marathon (Teach Yourself: Games/Hobbies/Sports)



You might have the desire and drive to run a marathon but not the knowledge. Where do you begin? How do you train? Where do you sign up? These are the questions that more often than not prevent runners from entering a marathon. Teach Yourself Running a Marathon has all the answers. Offers advice on raising money Provides key information on fitness and nutrition Contains tried-and-true training programs

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