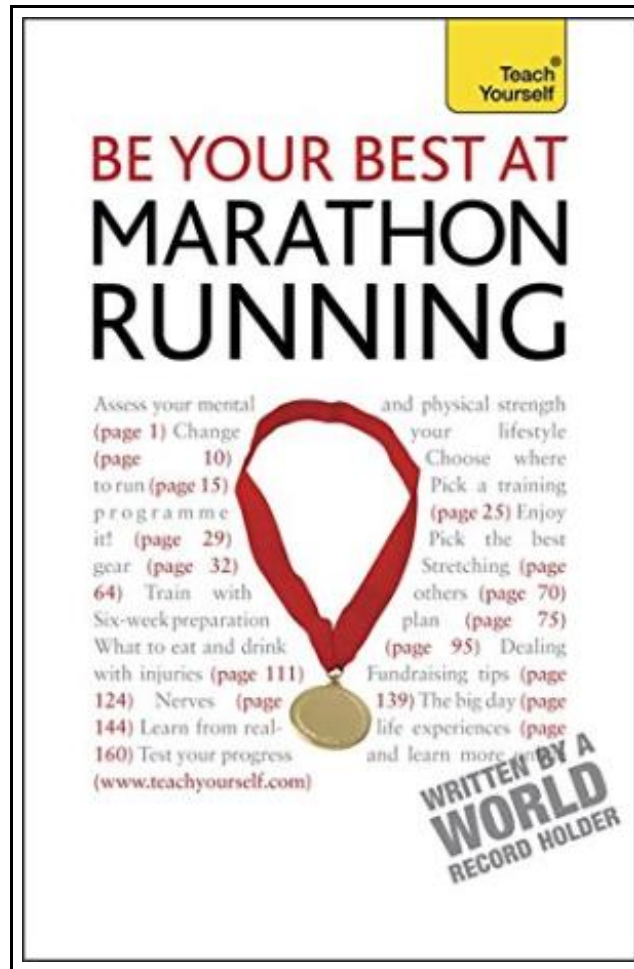


Be Your Best at Marathon Running: Teach Yourself (Paperback)



Filesize: 1.13 MB

Reviews

*This book is great. I have go through and so i am confident that i will going to read through once again again in the future. I am just easily can get a satisfaction of looking at a written book.
(Miss Vernie Schimmel)*

BE YOUR BEST AT MARATHON RUNNING: TEACH YOURSELF (PAPERBACK)



Hodder Stoughton General Division, United Kingdom, 2010. Paperback. Book Condition: New. 197 x 131 mm. Language: English . Brand New Book. Is this the right book for me? Want to enter a marathon but don't even know how to get a place? Be Your Best at Marathon Running doesn't just give you a complete set of training plans, fitness advice and nutritional guidance, it also shows you where and how to apply, which marathon to enter, and how to raise money for charity. It is written by the founder of the UK's leading running website, and also features a foreword from the founder of the London Marathon, Dave Bedford. Be Your Best at Marathon Running includes: Chapter 1: Are you up to it? Chapter 2: Choosing your first marathon and getting a place Chapter 3: You're in, now what? Chapter 4: The right gear Chapter 5: Training Chapter 6: Your marathon training plan Chapter 7: The importance of the gym Chapter 8: Eating and drinking Chapter 9: The injury and illness curse Chapter 10: Fundraising Chapter 11: The week before the race Chapter 12: The big day itself Chapter 13: A real-life experience - Sue Thearle, TV presenter Chapter 14: What next? Learn effortlessly with a new easy-to-read page design and interactive features: Not got much time? One, five and ten-minute introductions to key principles to get you started. Author insights Lots of instant help with common problems and quick tips for success, based on the author's many years of experience. Test yourself Tests in the book and online to keep track of your progress. Extend your knowledge Extra online articles to give you a richer understanding of the subject. Five things to remember Quick refreshers to help you remember the key facts. Try this...



Read Be Your Best at Marathon Running: Teach Yourself (Paperback) Online
Download PDF Be Your Best at Marathon Running: Teach Yourself (Paperback)

You May Also Like



Sweet and Simple Knitting Projects: Teach Yourself: 2010

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Sweet and Simple Knitting Projects: Teach Yourself: 2010, Sally Walton, Is this the right book for me? This practical guide to knitting covers everything...

[Read ePub »](#)



Boost Your Child s Creativity: Teach Yourself 2010 (Paperback)

Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Book Condition: New. 196 x 130 mm. Language: English . Brand New Book. Every parent wants their child to achieve their full potential. Whatever your child s...

[Read ePub »](#)



Choose the Perfect Baby Name: Teach Yourself

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Choose the Perfect Baby Name: Teach Yourself, Victoria Wilson, Whether you're expecting, planning or just interested, Choose the Perfect Baby Name will help you...

[Read ePub »](#)



Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English] (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to...

[Read ePub »](#)



Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English] (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to...

[Read ePub »](#)

**Hope for Autism: 10 Practical Solutions to Everyday Challenges (Paperback)**

Seaborough Enterprises Publishing, United States, 2015. Paperback. Book Condition: New. Initial ed.. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Hope for Autism: 10 Practical Solutions to Everyday

[Read eBook »](#)

**Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities (Paperback)**

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso's groundbreaking and trusted guide on bullying-including cyberbullying-arms parents

[Read eBook »](#)

**Odes Funebres, S.112: Study Score (Paperback)**

Petrucchi Library Press, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Liszt composed three Odes funebres between 1860 and 1866, shortly in

[Read eBook »](#)

**Penelope's English Experiences (Dodo Press) (Paperback)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children's author

[Read eBook »](#)

**Do Monsters Wear Undies Coloring Book: A Rhyming Children's Coloring Book (Paperback)**

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Mark Smith (illustrator). 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.A #1 Best Selling Children's Book

[Read eBook »](#)