



Half-Marathon Running: Your step-by-step guide to planning, training for and running 13.1 miles (Step-by-step guides)

Lewis Birchon

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Amazon reviews

'This book has improved my performance significantly and has refreshed my training brilliantly'

'A good easy read, well laid out and totally helped me to succeed in completing my first half marathon'

'Gives you a no-nonsense guide to getting your mileage up to the 13.1 miles needed for a half-marathon.

Very motivating.'

Half-Marathon Running: Your step-by-step guide to planning, training for and running 13.1 miles is a concise and fully illustrated practical guide to half-marathon training. Suitable for those new to running as well as experienced racers, this fully illustrated book combines accessible guidance for beginners with high-power tips and tricks for endurance veterans.

- * Analysis of more than 10,000 half-marathon runners' finish times to help you set realistic, achievable and ambitious race goals
- * Training plans to help you achieve your half-marathon time goal, from 1:20 to 2:30 over 12 or 8 weeks
- * Support for improving your running style, managing your training and essential racing techniques to get the most out of your race
- * Advice on choosing running kit, nutrition, raising money for charity and keeping going to give you the support and motivation you need
- * Includes downloadable training plans

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Michael Torres:

The publication with title Half-Marathon Running: Your step-by-step guide to planning, training for and running 13.1 miles (Step-by-step guides) possesses a lot of information that you can find out it. You can get a lot of gain after read this book. This book exist new know-how the information that exist in this e-book represented the condition of the world today. That is important to yo7u to learn how the improvement of the world. This specific book will bring you throughout new era of the syndication. You can read the e-book on the smart phone, so you can read the item anywhere you want.

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