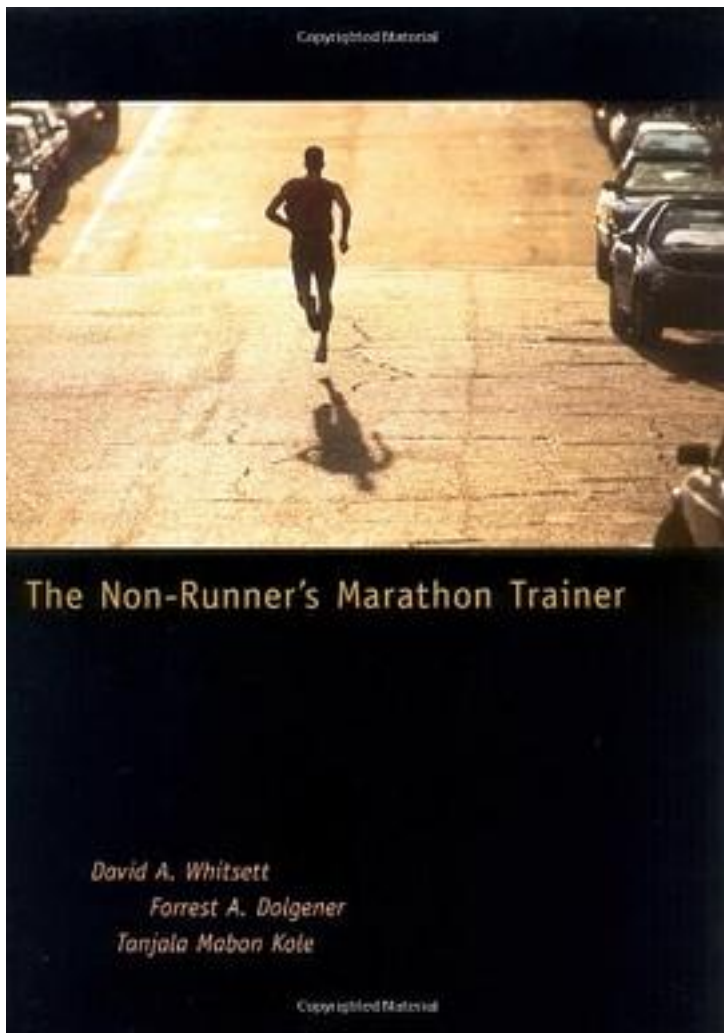


# The Non-Runner's Marathon Trainer



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亚马逊跑步类排名第一的书籍，针对从来没有参加过马拉松的普通人制定的16周训练计

划，没有时间目标，仅以跑完第一次马拉松为锻炼目标的温和的训练指导计划。

## Product Description

Athlete. Runner. Marathoner. Are these words you wouldn't exactly use to describe yourself? Do you consider yourself too old or too out of shape to run a marathon? But somewhere deep inside have you always admired the people who could reach down and come up with the mental and physical strength to complete such a daunting and rewarding accomplishment? It doesn't have to be somebody else crossing the finish line. You can be a marathoner. The Non-Runner's Marathon Trainer is based on the highly successful marathon class offered by the University of Northern Iowa, which was featured in a Runner's World article titled "Marathoning 101." The class has been offered five times over 10 years, and all but one student finished the marathon. That is approximately 200 students -- all first time marathoners and many with absolutely no running background. This book follows the same 16-week, four-day-a-week workout plan. What makes the success rate of this program so much higher than any other? The special emphasis on the psychological aspects of endurance activities. You don't have to love to run -- you don't even have to like it -- but you have to realize that you are capable of more than you have ever thought possible. One participant in the program explained it like this: "I'm doing this for me -- not for others or the time clock. I just feel better when I run, plus it helps me to cope with things in general. The skills we've learned in this class don't apply just to marathoning -- they apply to life! Just like you never know what the next step in a marathon will bring, so too, you never know what will happen next in life. But if you don't keep going, you're never going to find out. By staying relaxed, centered, and positive you handle just about anything that comes your way." This is marathon running for real people, people with jobs and families and obligations outside of running. The Non-Runner's Marathon Trainer has proven successful for men and women of all ages. Now let it work for you.

作者介绍:

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标签

马拉松

跑步

体育

running

Marathon

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英文

生活

评论

教导跑马拉松的心理准备篇幅太多了，不是每个人都适合这样的心理暗示方法，我就觉得有点抵触书中反复强调“你能跑完”，“跑完了就好”的说法，不过总体来说，对没有跑步经验的读者，还是提供了很多有用的信息。

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No kidding, I will run the marathon.

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I wanna conquer Marathon!

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马拉松跑者的葵花宝典。

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非常详细，方方面面都有介绍，适合第一次跑马者

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书评

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