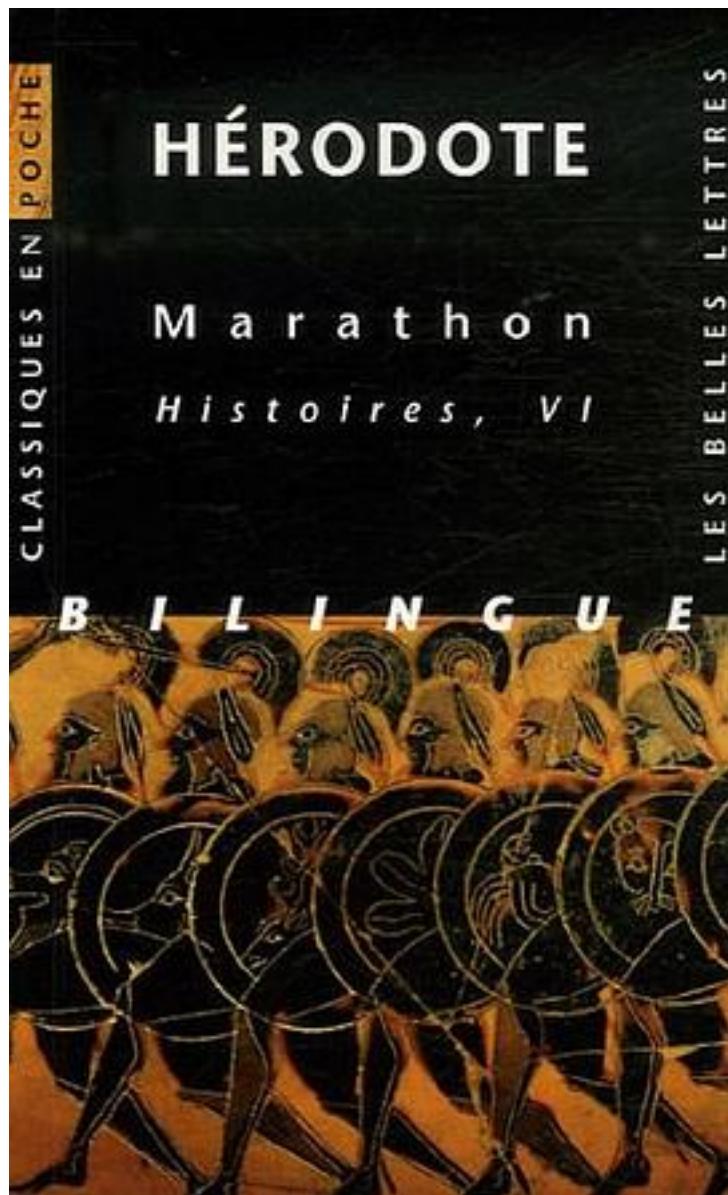


Marathon



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著者: Higdon, Hal

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"With over 50% new material, this category killer is sure to go the distance" When the previous edition of Hal Higdon's superb training guide appeared, Grete Waitz, 9-time winner of the New York City Marathon, cheered: "Higdon's years of marathoning experience come through in this practical book. Aspiring or veteran marathoners will benefit enormously from its proven guidance." This new edition focuses on first marathoners, women runners, and those new to the sport; and as always, Higdon shows how to build up mileage and gives advice on running long, speedwork for distance runners, defensive running strategies, and planning for peak performance.

作者介绍:

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