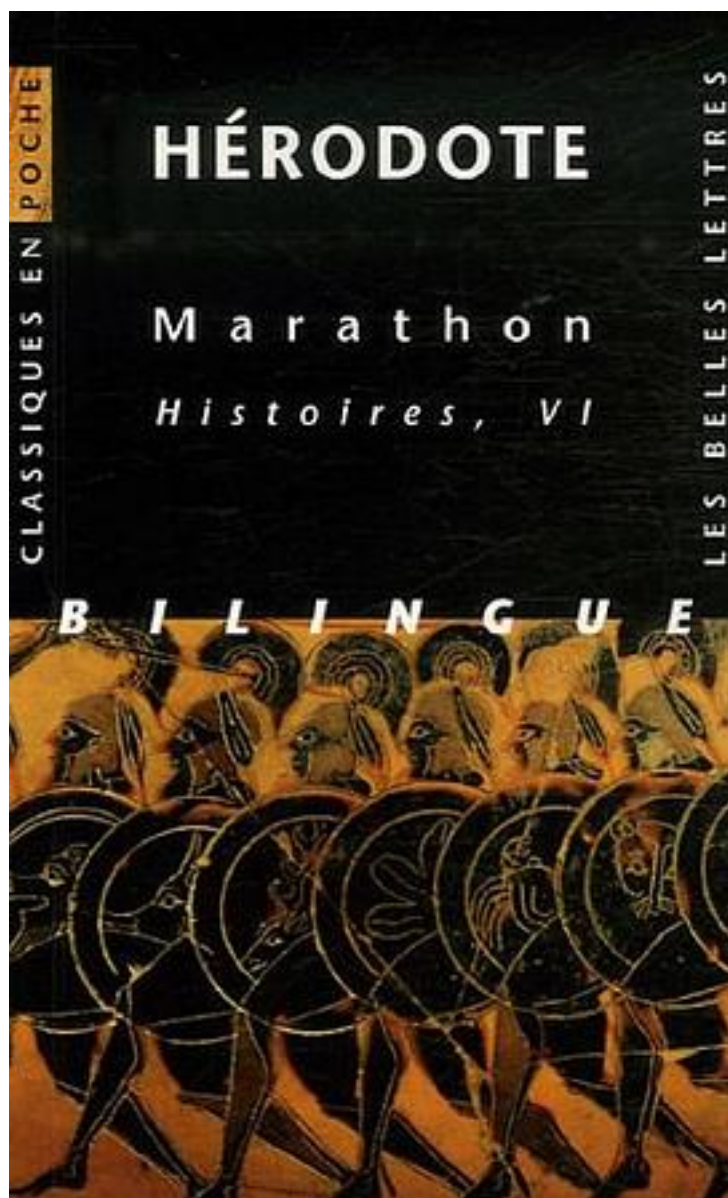


# Marathon



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Numerous beginning joggers chase the ultimate dream of being able to finish a marathon one day. The 42, 195 kilometer race still has a mythical, almost heroic and inaccessible dimension. Participating in your first marathon demands long, very progressive and almost professional preparation. Feasible for almost everyone, it still involves special carefulness. Consider the marathon therefore not as the ultimate challenge, but consider reaching the unmistakable advantages which jogging offers as a first and most important aim. Feel better, both mentally and physically, become fitter and more immune to stress. Adopt a more balanced lifestyle by means of jogging, and enjoy nature and the company of your running mates. This book is here to help you reach these objectives, to become a full-fledged runner and enable yourself to successfully start and finish a marathon. All subjects necessary to reach these objectives will be covered in this book.

作者介绍:

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