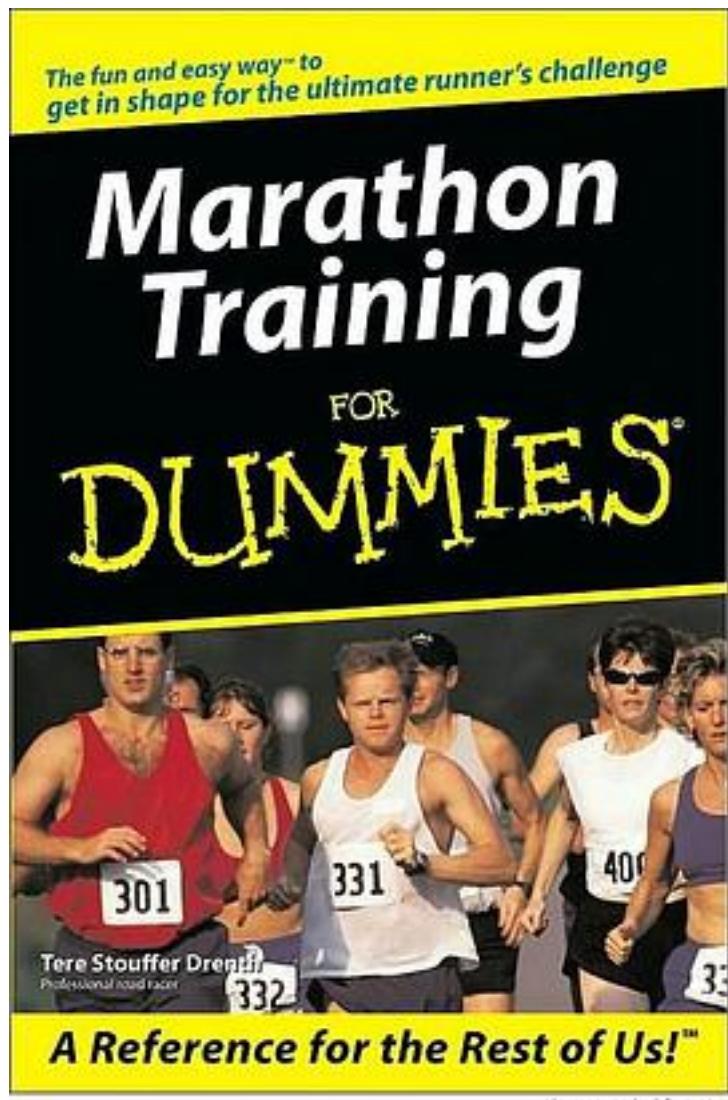


Marathon Training For Dummies



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An compact, plain-English guide to getting in shape for a marathon

More than 400,000 people run marathons every year. Millions more aspire to this ultimate runner's test-a grueling road race over a course that's 26 miles, 385 yards long. This small-trim For Dummies guide shows first-time marathoners how to realize their dreams-and helps veteran marathoners shave minutes off their time. Written by one of the top professional road racers in the U.S. today, the book presents a complete marathon training program, offering savvy advice on nutrition, hydration, stretching, injury prevention, mental preparation, and other issues that are key to success. And because marathons are so demanding-even experienced marathoners can't run more than a few a year-Marathon Training For Dummies also offers training tips for half-marathons and other distance events.

Tere Stouffer Drenth (Charlevoix, MI) is a twenty-seven-year veteran of running and racing and currently runs professionally. She was a scholarship runner at the University of Tennessee and has worked as a high school cross-country coach.

作者介绍:

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标签

评论

非常好喔～

国外的马拉松训练指导书写得就是好。因为人家有群众基础，教练每年都会指导大量的新手，这些经验很宝贵，因为很多跑步中遇到的问题，既有科学的深度又有哲学的高度。

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书评

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