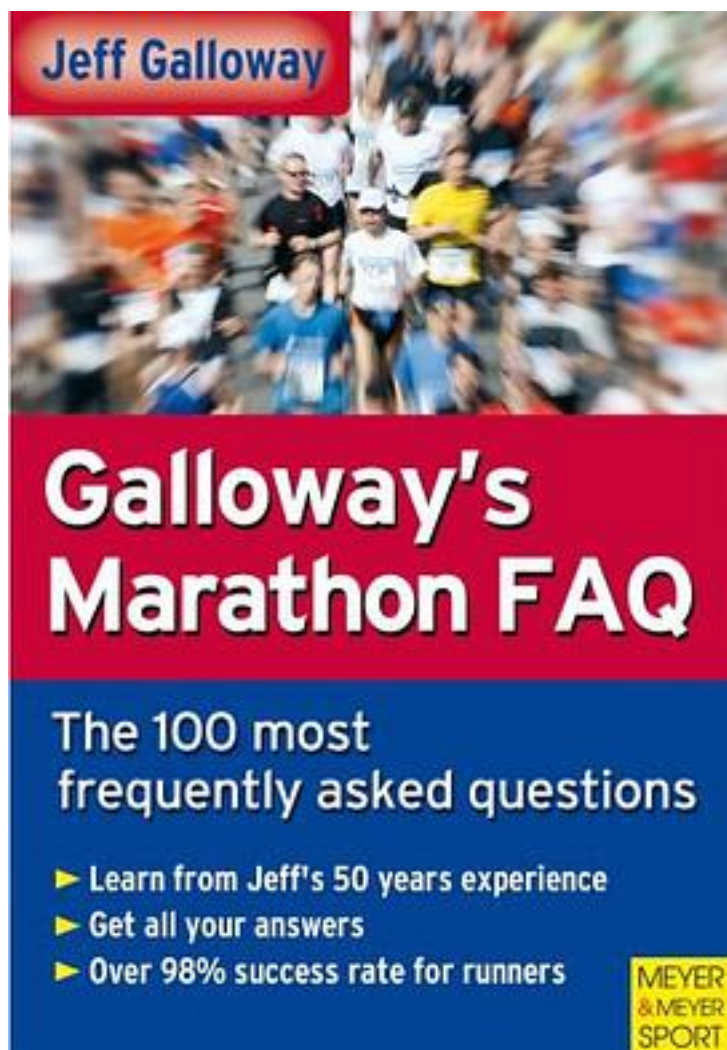


Galloway's Marathon FAQ



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著者:Galloway, Jeff

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This book provides well-trying and tested advice to 100 of the most commonly asked distance running questions. Running a marathon can be one of the most rewarding experiences of your life, but whether you are an experienced runner or going the distance for the very first time, there are always a whole host of questions you wish you had the answer to. Now, one of the most respected names in running - Jeff Galloway - answers 100 of the most frequently asked questions about training for and running a marathon. Packed with practical, proven information based on Galloway's more than 35 years in coaching, this superb volume covers everything you could think of - from nutrition and motivation to race-day preparation and staying injury free, and much more.

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