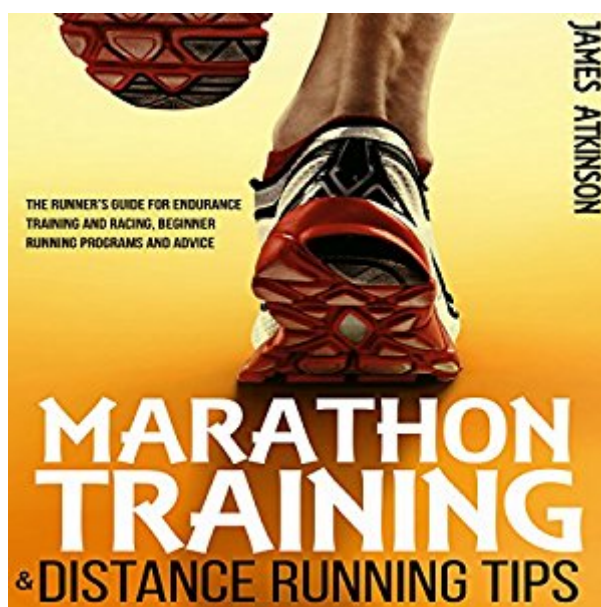


The book was found

# Marathon Training & Distance Running Tips: The Runner's Guide For Endurance Training And Racing, Beginner Running Programs And Advice



## Synopsis

Long distance running is much like any other fitness training. If you want to improve, you need a good plan that has a progressive nature. If you are new to this game, you need a solid foundation to build on. Having a running program is not the only thing that you need. Sound advice and running tips should be taken from someone who has "walked the walk", or in this case, "ran the run". Hi, my name is James Atkinson from [jimshealthandmuscle.com](http://jimshealthandmuscle.com). I'm a qualified fitness coach and personal trainer and I have a fair bit of running advice that I would like to share with you. When I was around 18 years old, I was a terrible runner! In fact, I failed the basic fitness test for army entrance on running alone, and I failed big time! Several years later, I was clearing 1.5 mile running circuits in eight minutes and 22 seconds and could easily run a marathon any day of the week! I would like to share my knowledge and training experiences with you. If you are a beginner when it comes to running, this information will no doubt give you advice that will probably not have even crossed your mind before. If you are already a runner and are looking to make more progression, you are also in the right place. I know that it is easy to get stuck on a training plateau, so I have also added some information and training methods to this book that will help you leave the plateau behind.

## Book Information

Audible Audio Edition

Listening Length: 2 hours and 29 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: [www.JimsHealthAndMuscle.com](http://www.JimsHealthAndMuscle.com)

Audible.com Release Date: December 21, 2016

Language: English

ASIN: B01MRZ7PNU

Best Sellers Rank: #99 in Books > Sports & Outdoors > Other Team Sports > Track & Field

#102 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #468

in Books > Audible Audiobooks > Nonfiction > Sports & Recreation

## Customer Reviews

I HATE(ed) running! I've just hit the 40's and I have never, as long as I can remember liked running. It's always been something to be avoided... unless a bus I needed to be on was leaving, or the police were after me. :-D This book changed my mind, I picked it up after finding it for "endurance training", and after having read a few of the authors other (very good) books I thought I'd take a look

even though it was not exactly what I was looking for. I started reading the book in bed, usually this helps me sleep, but on this occasion I actually wanted to get up and go running! The section on breathing was so eye opening, mixed with the authors motivational writing style, that I wanted to get out there and put it into practice right away. The above was the biggest "aha!" moment for me of course, there is a lot covered in this book and something in here will be of use to you I'm sure! Without being boring and predictable by giving a list of chapters, I'll give you a quick overview of what I found important: James takes you from footwear choice, to running with a weighted pack. From motivation to your eating habits... It's all there followed by a 12 week pre-marathon training plan. On top of this you get entertainment... Any book that can capture your imagination and get you motivated with personal tales is (in my honest opinion) brilliant.. That's rare in a Kindle book! Buy it and see what I mean.

This is a well written book. Not only that, but the author clearly knows his stuff. I trained for a marathon 20 years ago and never did it. If I had this book then, I believe would have continued running, would have finished what I started, and would still be in shape today. At the time, I tried to figure it out on my own, after all it is just "running" right? Wrong. If you actually want to accomplish something by running, whether it is completing a marathon, or just getting in shape and losing weight, you need guidelines and a plan. This book provides both. The author goes into so much detail from the shoes, to posture, to dieting, to your mental state. Not only that, but it is written in a supportive, uplifting way. This is combined with the author's personal experiences which makes the book not only a good source of information, but also an enjoyable read. The part I really like is his week by week training regimen for a marathon. It gives me goals, keeps me on track, and I can monitor my progress. All in all, this is a fine book for anyone who wants to attempt a marathon. More importantly, it is a great book for anyone who just wants to learn how to run properly, efficiently, and with the greatest health benefits. I have purchased a lot of Kindle books and consider this particular one a great bargain.

I started 10-weeks ago to work on a half-marathon and with a couple of tips from this book I successfully completed it, injury free! I could stop with my review there, but I guess some things to add: + easy reading + enjoyed the real-life trial and error stories + the tips did help + Yes you could google "training schedule for marathon" and you'd get a lot of hits, but this book provided some of the why behind those schedules. Worth a read!

Marathon Running and Distance Running Tips is an introductory guide that talks about the very basics of running, so you can at least start off on the right foot! The author mentions his background in fitness and uses that to help support key factors throughout his book. I appreciate the fact James talks right off the bat about how important it is to run correctly. Particularly if you plan to do lots of it! Love the quote in the beginning too! My gut and eyes tell me there's something for you to gain in this book if you're considering running for exercise, pleasure, or even competitively. Grab it and see for yourself! Nicely done!

I really enjoyed this read, it is full of practical advice that you can add to your training if you already run. If you are a beginner on the other hand, it will give you the right information to get started. This book also has some entertaining stories from the author's own experience as a long distance runner. He writes about his progress from being a very poor runner to excel in this area of fitness. This book has taught me a whole lot about endurance running. It is well written and well worth the money.

This is a very good training bible for runner who need to run for Marathorn. After i read this book. I am confidence that i can run 42.195 km. It easy when you do step by step from this instruction.

I just started running within the last year and had really enjoyed it so far but would like to go to that next step of a marathon, which is why I picked up this book. This book is packed with important information about running in general and how to prepare for running a marathon. From choosing the right shoes to learning how to get through twenty-six miles of constant running, this book is it all. I highly recommend this book to anyone looking to train for marathon.

I have wanted to start marathon training since a good friend suggested it. This book is not only motivational with its tips but has the best suggestions that runner have encountered. It mirrors exactly what my friend has gone through in his training and now I have a faithful companion as well.

[Download to continue reading...](#)

Marathon Training & Distance Running Tips: The Runner's Guide for Endurance Training and Racing, Beginner Running Programs and Advice Your First Marathon: A Beginners Guide To Marathon Training, Marathon Preparation and Completing Your First Marathon (Marathon Training, Marathon Guide) Chi Marathon: The Breakthrough Natural Running Program for a Pain-Free Half Marathon and Marathon Runner's World Big Book of Marathon and Half-Marathon Training: Winning Strategies, Inspiring Stories, and the Ultimate Training Tools The Runner's World Big Book

of Marathon and Half-Marathon Training:Â Winning Strategies, Inspiring Stories, and the Ultimate Training Tools  
Runner's World Training Journal: A Daily Dose of Motivation, Training Tips & Running Wisdom for Every Kind of Runner--From Fitness Runners to Competitive Racers  
Run: Beyond The 5K - The Complete Training Guide To Running the 10K, Half Marathon, and Marathon  
Race Runner's World Complete Book of Women's Running: The Best Advice to Get Started, Stay Motivated, Lose Weight, Run Injury-Free, Be Safe, and Train for Any Distance  
Marathon: The Ultimate Training Guide: Advice, Plans, and Programs for Half and Full Marathons  
Runner's World Runner's Diet: The Ultimate Eating Plan That Will Make Every Runner (and Walker) Leaner, Faster, and Fitter  
The Maze Runner (Maze Runner, Book One) (The Maze Runner Series)  
Canoe Racing: The Competitor's Guide to Marathon and Downriver Canoe Racing  
Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3)  
The Trail Runner's Companion: A Step-by-Step Guide to Trail Running and Racing, from 5Ks to Ultras  
The New Rules of Marathon and Half-Marathon Nutrition: A Cutting-Edge Plan to Fuel Your Body Beyond ""the Wall""  
Hansons Marathon Method: Run Your Fastest Marathon the Hansons Way  
Be a Better Runner: Real World, Scientifically-proven Training Techniques that Will Dramatically Improve Your Speed, Endurance, and Injury Resistance  
To Be a Runner: How Racing Up Mountains, Running with the Bulls, or Just Taking On a 5-K Makes You a Better Person (and the World a Better Place)  
IronFit Secrets for Half Iron-Distance Triathlon Success: Time-Efficient Training For Triathlon's Most Popular Distance  
Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)