



First Marathons

David Levine, Paula Petrella



First Marathons:

First Marathons Gail Waesche Kislevitz, 2014-04-28 Inspiring reading The Wall Street Journal One of the scariest things about running a marathon for the first time isn't the distance the muscle pain the chafing or the blisters It's not knowing what's going to happen That's why this disarmingly honest collection of first time accounts is so refreshing Runner's World UK First Marathons is the collected stories of 37 runners told in their own words describing the experience of running their first marathon Everything is covered from the early flickerings of desire all the way to full blown obsession the training the food the emotions every mile of this incredible journey First Marathons is the best instruction book you will ever find because you learn from the heartfelt life experience of others Illumination and inspiration are on every page These runners are old and young fat and thin men and women Some are famous like Grete Waitz Ted Corbitt and Bill Rodgers and others are just ordinary people all of whom have achieved something truly extraordinary Their collective message anyone can run a marathon everyone should It will change your life forever

Marathon Hal Higdon, 2005-09-03 Features instructions for runners of all ability levels on preparing for a marathon including training schedules advice on diet defensive running strategies and tips for staying motivated

Marathon, All-New 4th Edition Hal Higdon, 2011-09-27 Especially in tough economic times running offers an affordable and positive way to relieve stress and gain a sense of accomplishment Marathons and more than ever half marathons are the ultimate achievement for runners and have experienced an unprecedented boom in the last several years New hunger for reliable information on marathon and half marathon training as well as new technologies that have revolutionized ordinary people's ability to train intelligently means the time is right for a new edition of longtime Runner's World contributor Hal Higdon's classic guide to taking the guesswork out of preparing for a marathon whether it's a reader's first or fiftieth At the core of the book is Higdon's clear and essential information on training injury prevention and nutrition With more than 25 percent new material this fourth edition of a running classic is a must own for both longtime runners and those new to the sport

Marathon, Revised and Updated 5th Edition Hal Higdon, 2020-03-03 Now completely updated and revised a new edition of the long running marathon training guide that has helped more than half a million people reach their goals Marathon The Ultimate Training Guide is among the bestselling running books of all time for many reasons but above all others is this one It works Marathon running has changed in the seven years since the fourth edition there are more runners than ever before the popularity of half marathons has grown immensely and guidelines for best recovery and diet practices have changed This revised fifth edition includes a new chapter on ultramarathons along with material on recovery techniques several new training programs and advice on how to win a Boston qualifying race and improve your personal record At its core remains Hal Higdon's clear and essential information on injury prevention training and nutrition Marathon demystifies the marathon experience and allows each runner to achieve peak performance without anguish or pain taking the guesswork out of marathon training whether it's for your first or fiftieth

With Higdon's comprehensive approach and tried and tested methods any runner will learn how to optimize their training and achieve their marathon goals

Urban Marathons Jonas Larsen, 2021-10-20 This original social science text approaches marathon running as an everyday practice and a designed event to draw upon and contribute to the literature on practice theory urban events rhythm analysis and mobility It bridges sport studies and discussions within sociology and geography about practice movement and the city Inspired by theoretical debates about embodied and multi-sensuous mobilities social and material practices and urban rhythms this book explores the characteristics of marathon running as a bodily practice on the one hand and on the other marathon training grounds and events as unique places This account takes marathon running seriously using sociological and geographical theory to understand the practice in and of itself Based on original empirical research and accessible to readers taking them to training sessions in Copenhagen and to marathons in Tokyo Kyoto Berlin Frankfurt Valencia and Copenhagen it draws out the globalised codified and generic nature of marathon practices and design yet also brings out the significant local differences The book examines in ethnographic detail how marathon practices and places are produced by various materialities cultural scripts experts runners and spectators and practiced in embodied multi-sensuous and emplaced ways by ordinary runners It develops a sociological practice approach to marathon running and geographical understanding of marathon places and rhythms It demonstrates that marathon running is of broad interest because it calls for and allows lively and expressive ways of conducting and writing research and understanding the becoming of bodies the intertwining of biological and mechanical rhythms and the eventful potential of streets It will appeal to postgraduate students and scholars in sport studies geography and sociology interested in running active mobility and ethnography as well as tourism and urban events The book will also appeal to general readers with an interest in marathon running

Improve Your Marathon and Half Marathon Running David Chalfen, 2014-11-30 *Improve Your Marathon and Half Marathon Running* is an accessible jargon-free guide for athletes committed to improving their running at either distance It provides valuable advice in increasing competition experience and structuring more advanced training programmes and covers training plans and principles evolving training programmes as a runner's experience increases methods for cross training in other disciplines principles for athletes to examine the biomechanics of their running to improve performance benefits of coaching training case histories of successful athletes David has a huge passion and knowledge of endurance running His dynamism and expertise come across brilliantly in this extremely well-written useful and entertaining book Dan Robinson four times Olympic and World Championship marathoner and 2006 Commonwealth Games marathon medallist Fully illustrated this practical guide is for all marathon and half marathon runners wanting to improve their performance

The Complete Idiot's Guide to Marathon Training David Levine, Paula Petrella, 2011-05-03 A comprehensive guide to get you ready for race day According to the rule books a marathon is 26.2 grueling yet exhilarating miles Millions of people run marathons around the world Many more millions dream of doing it But novice or veteran runners marathons require training

and plenty of it Certified marathon coach David Levine and dedicated marathoner Paula Petrella know how to get anyone in shape for the race and share the entire procedure in clear jargon free language Includes dozens of instructional photos Practical advice that addresses the needs of men and women of all ages Lore of Running Timothy Noakes,2003 Dr Noakes explores the physiology of running all aspects of training and recognizing avoiding and treating injuries 133 illustrations *The New Runners Marathon Manual Training Tips and Nutritional Guide* J. Todd Jennings,2024-08-01 The joy of running is often described as a unique blend of physical exhilaration and mental clarity For those embarking on the journey to complete their first marathon this joy is not just a fleeting moment it becomes a profound part of the training and race experience As you lace up your shoes and hit the pavement each stride brings you closer to the Finish line both literally and metaphorically Embracing the joy of running helps you cultivate a passion for the sport that will sustain you through the challenges and triumphs of marathon training Mastering the Marathon Don Fink,2010-09 In Mastering the Marathon champion forty plus endurance athlete and trainer Don Fink sets forth programs for anyone over forty presenting exciting new training methods and step by step action plans that result in faster times fewer injuries and more enjoyment

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