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Running a Marathon For Dummies

Jason Karp

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Running a Marathon For Dummies Jason Karp
Get ready to run the race of your life

Marathons in the U.S. have seen record increases in participation during the past few years. *Running a Marathon For Dummies* helps aspiring marathon runners prepare to successfully complete their first race, and shows experienced runners how to take their game to the next level.

Running a Marathon For Dummies gives you exercises, programs, and tips to improve your running stamina, speed, and overall health. It takes you from sitting on the couch through running your first 26.2 mile marathon—and beyond. For seasoned runners, Running a Marathon For Dummies offers tips and advice for how to continue improving performance through drills, exercises, and other techniques.

- Provides a timed training promise for runners of all skill levels, from non-runners, first marathoners, and mid-race runners to more experienced runners
- Includes information on how running increases heart strength, keeps illnesses away, keeps arteries clear, and improves a person's mood
- Gives you drills, exercises, and techniques to improve your endurance

Whether you're a couch potato or a regularly hit the asphalt, *Running a Marathon For Dummies* gives you everything you need to run the race of your life.

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