

RUN YOUR FIRST MARATHON

SECOND EDITION



Everything You Need to Know
to Reach the FINISH LINE

GRETE WAITZ

NINE-TIME WINNER OF THE NEW YORK CITY MARATHON

AND GLORIA AVERBUCH

Grete Waitz

Run Your First Marathon: Everything You Need to Know to Reach the Finish Line



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Now updated, with advice on 10Ks and various other shorter races, Operate Your First Marathon will empower runners with the courage to teach, the willpower to persevere, and the tenacity to attain the final line. In Work Your First Marathon, Waitz presents: A 16-week training curriculum that has been proven successful time and time again Methods for actually and mentally preparing to start and end a marathon Helpful tips regarding equipment, diet, and hydration Guidance to help conquer motivational and physical roadblocks And much more! If therefore, Grete Waitz, nine-time champion of the brand new York City Marathon, has a system for you which has which can help would-be racers perform what they thought was difficult: complete their initial marathon. Do you dread that you do not have the conditioning, motivation, or emotional power to finish? Do you consider yourself too older or out-of-shape to run a marathon? Complete with sixty color photos and information on probably the most current, cutting-edge styles in long distance running, this important reference will make your marathoning dreams become a reality.



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She does cover most if not absolutely all topics that you may want to read about. By hearing the credentials of Grete Waitz, I was expectant to learn much from this book about my first marathon schooling. What I got however, was the desire to use a red pen and an overwhelming have to get a better publication. The entire work is filled with obvious grammatical mistakes (even on the trunk cover, "udated" rather than "updated" is featured in bright yellow lettering. Regrettably, the walk-run tables on web pages 36-38 don't add up.) English errors aside, this isn't an extremely helpful book as helpful information. It is a classic book for first-timers, nevertheless, and most of the information -although highly relevant to running- is definitely general, for the large public. for his or her first marathon. If you do operate some then your training schedule number 2 is where you would start. I've ran in 6 marathon or longer races thus far and am still learning a few of what she writes in this reserve. I wish I would have found Mrs. By Tim Holland- it features far more detailed and diverse training plans, so you'll be more likely to find one that fits you. With all respect to Waitz and her amazing accomplishments, her book fell far short of the training bible she statements it to end up being.. Even if you possess ran a marathon before this is a great chapter to read and refresh and/or educate yourself again. Waitz is quite honest and down-to earth. Initially dissappointed I acquired this book to prepare for my first marathon but also idea the walk-run approach might be helpful for my partner who is scared but curious about running even brief distances. If only I had paid attention to that! Specifically, weeks 2 and 3...working out regiments don't soon add up to 25 and 31 moments respectively. Week 5 and day time 2 of week 6 are not right either. Lost immediate credibility in the 1st 40 pages. I am hoping all of those other book is way better edited. easy read, good information I am teaching for my first marathon and this is an easy read with some good information. I like to read as much as I can about any of it. Run Run Despite the fact that I didnt get to run my first marathon cause of an injury I really like this book and will try again following the first of the entire year. Good book for beginner - Beware: main typos in book! Been enjoying this book Getting ready to run my initial marathon, and find plenty of good wisdom and encouragement in this book.. If you do a quick google search of Grete Waitz you will find a ton of information on this accomplished runner. In the event that's what you are considering, this is actually the book! Weeks 2,3,5, and 6 have errors in it. For an improved knowledge bottom and a book you'll go back to when you have questions, try Reader beware, though, this publication is for exactly what the title states, for runners seeking to run their 1st marathon. Most of the details given is quite basic to runners who have ran this distance already, but to someone who by no means has ran 26. I believed it was clear, straight forward information for a person who is new to running, like myself. She briefly touches on two training schedules

within the publication. The foremost is for those visitors who have ran hardly any at all. It pieces them up and begins conditioning them to working, which prepares them for the real marathon training. The descriptions of the applications lack at best, and provide scant insight on the timing of strength training or stretching. Nonetheless it is very fundamental, kind of a run these miles on nowadays on this week. And she helps it be clear that book is not meant as a day by day guide to your schooling. But the most significant chapter is Chapter 12: Marathon Diet and Hydration. She explains running basics, such as form and velocity and so on, along with signs to avoid injury, motivation, and running equipment among other information. Instead she targets the items that is overlooked when researching and finding your way through a marathon. Easy to read, and if you're running your initial marathon, lots of good teaching tips and things to ponder for the wedding day. After looking at a few books, I settled upon this one. Additionally, the ultimate chapter, The Race, can be very useful for the beginning runner because it explains some of what you would feel, see and anticipate when you toe the range.

The Marathon Technique: The 16-Week Training Program that Prepares You to complete a Full or Half Marathon in YOUR VERY BEST Time

Do not buy if you are hoping to follow this course of action to run your 1st marathon. If you're an initial time marathoner I would give this book an excellent read and collection your targets on that marathon. 5 stars.

PREPARE YOURSELF To Toe The Collection. There exists a good amount of base information that will probably go the farthest for any marathon hopeful in aiding them to the finish series.

2 she touches on every aspect and allows the runner to be up to date in what they are getting into. Don't buy - the WALK to perform program - MANY ERRORS The walk to perform program prescribed in this book is RIDDLED WITH ERRORS! Her wealth of knowledge is put to great make use of as she walks the runner through the experience from the ground up, moving from starting teaching to after finishing, offering anecdotes and examples along the way. After reading above reviews, I recognized it wasn't me, if I could have caught this previously, I would not have got it. Luckily, thanks to google books, I could pull up the initial edition and obtain the right details for the walk-run routine. I had to white-out the errors and manually input the right jog/walk times (what a pain). My advise, in the event that you plan on purchasing this book, please get the 1st edition. The second edition has major typos and can be a full bummer for someone attempting to prep. Grete has but one 16 week training program, and a bonus one previous to that to make sure you are suit to run. Good read

Interesting, well-written and informative book. Most of the information in it is little even more than common sense, and if it is not, could have easily been gleaned from the web. That you can do better. This is a good motivation especially if you doubt you can run a marathon. It lives up to its byline! If you only browse one book to prepare for your first marathon, read this one! It has got everything you need to know. It's an

enjoyable mix of anecdotes, training plans and practical advice. Highly recommend. I really like this book, but, I did encounter some problems with the reserve that drove me crazy and thought maybe I was making some mathematical mistake when I was trying to add up the time from the walk-work schedule section. The a few minutes usually do not add up for a lot of the program! Waitz's publication before I ran my fateful, yet ill prepared first marathon at San Francisco. Find the first edition and purchase that publication if you want the correct walk to run strategy! Contacting the publisher of the publication do finally net me the accurate walk to run program. A-Z book for first time marathoners I'm working my first marathon in the fall. I've been a runner for 14 yrs and have done 4 fifty percent marathons but under no circumstances a full one. THEREFORE I wanted a simple A-Z book to read to prepare & train me mentally & actually. For this alone her book is worth considering.



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