



Includes
a half-
marathon
training
program

RUN YOUR FIRST MARATHON

Third Edition

EVERYTHING YOU NEED TO KNOW TO
REACH THE FINISH LINE

GRETE WAITZ

AND GLORIA AVERBUCH

FOREWORD BY DEENA KASTOR

Grete Waitz and

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



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Methods for physically and mentally getting ready to start and finish a marathon• Do you fear that you do not have the conditioning, inspiration, or emotional strength to finish? If so, Grete Waitz, nine-time champion of the New York City Marathon, includes a program for you that has proven to help would-be racers perform what they believed was impossible: complete their 1st marathon. A sixteen-week training program that has been proven successful period and time again• In this updated and revised third edition of Run Your First Marathon, Waitz presents:•Do you take into account yourself too outdated or out of shape to run a marathon? Helpful tips regarding equipment, nutrition, and hydration• Complete with sixty color photos and information on probably the most current, cutting-edge developments in long-range running, this important reference can make your marathoning dreams come true. Plus much more!With advice on 10Ks and other shorter races, Run Your First Marathon will empower runners with the courage to teach, the willpower to persevere, and the tenacity to attain the finish line. Guidance to help conquer motivational and physical roadblocks•



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