



## Nonrunner's Marathon Guide for Women: Get Off Your Butt and on with Your Training

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By Dawn Dais

Seal Press. Paperback. Book Condition: new. BRAND NEW, Nonrunner's Marathon Guide for Women: Get Off Your Butt and on with Your Training, Dawn Dais, Dawn Dais hated running. And it didn't like her much, either. Her fitness routine consisted of avoiding the stairs in her own house, because who really has the energy to climb stairs? It was with this exercise philosophy firmly in place that she set off to complete a marathon. The Nonrunner's Marathon Guide for Women is a fun training manual for women who don't believe that running is their biological destiny but who dream of crossing the finish line nonetheless. It opens with a realistic training schedule and is chock-full of how-to's, quizzes, and funny observations, which Dais felt were lacking in the guides she had consulted. The Nonrunner's Marathon Guide for Women also integrates entries from Dias' journal, sharing everything would-be marathoners need to know about the gear, the blisters, the early morning workouts, the late-night carb binges, and most important of all the amazing rewards. Anyone can do a marathon. This book just makes the experience a little more bearable and a lot more fun. ".



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### Reviews

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