



## Marathon Running for Mortals: An Ordinary Mortal's Guide to the Joy of Running or Walking a Marathon or Half-marathon

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By Bingham, John; Hadfield, Jenny



Rodale International Ltd, U.S.A., 2004. Soft cover. Book Condition: New. New book with a little creasing to the top of the back cover and top corner of last few pages. 8 training programmes to run, run-walk, walk-run or walk the marathon or half marathon. The advice you need - physically, mentally and emotionally. Tips to help you customise your training, buy the right shoes and clothing, eat the right food. Guidance on a wide range of common physical, motivational and emotional problems.



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