



Absolute Beginner's Guide to Half-Marathon Training: Get Ready to Run or Walk a 5K, 8K, 10K or Half-Marathon Race

Heather Hedrick

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Signed up for a half-marathon and not sure what you've gotten yourself into? *Absolute Beginner's Guide to Half-Marathon Training: Get Ready to Run or Walk a 5K, 8K, 10K or Half-Marathon Race* is an easy-to-understand introduction to the world of running half-marathon, or shorter, race. Endorsed by the National Institute for Fitness and Sport, this book is packed with illustrations, notes on how to stay motivated and tips on how to train without pain. It will guide you through your marathon-training program and show you how to find the appropriate clothing and shoes, prevent and treat injuries and warm-up before running. Even if you are walking a shorter distance, this is a beneficial training manual. So run, or walk, to your nearest bookstore and pick up a copy of *ABG to Half-Marathon Training* today!

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