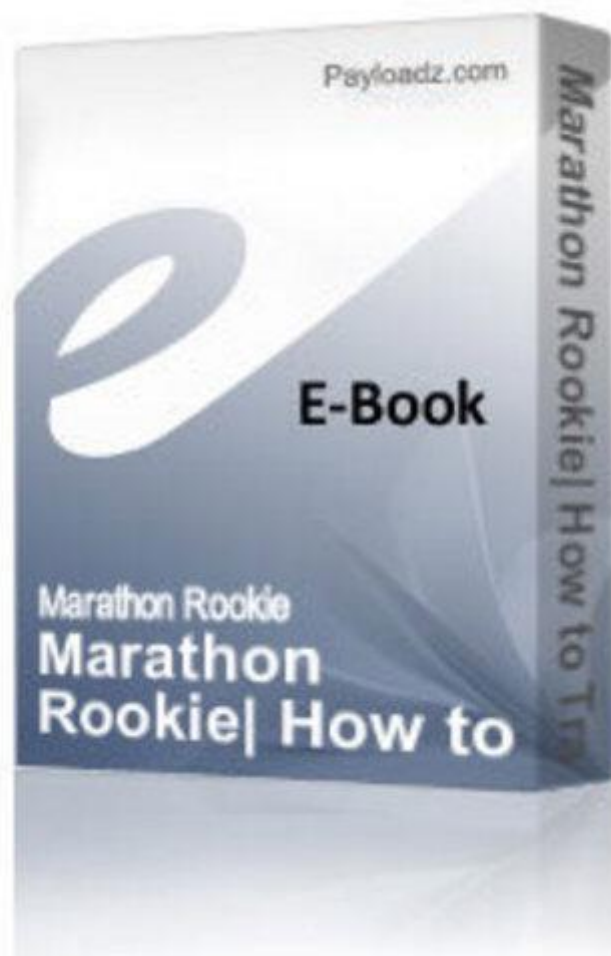


# Marathon Rookie How To Train For A Marathon



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Half Marathon Rookie: How to Train for a Half Marathon...and have fun doing it! loaded with essential training tips on motivation, nutrition, hydration, and much more. Marathon Rookie: How to Train for a Marathon...and have fun doing it! is your proven guide. This fun-to-read eBook will teach you everything you need to know about successful marathon training and preparation for the big day. You will feel inspired, gain the need-to-know knowledge, and create the mindset of a marathon runner. You will create a vision for yourself that you will bring into reality on marathon day. Can you really run a 26.2-mile marathon? You can if you want to, you know why you want to, and you prepare mentally, physically, and nutritionally. You will learn how to train for a marathon - safely. The eBook includes two sections: Section I The marathon experience 8 Week Pre-Training schedule 16 Week Marathon Training Program How to select a marathon course What to wear on marathon day What your supporters should wear on marathon

day What you should eat and drink on marathon day How to avoid gutting it out Three things to think about: Tomorrow is promised to no one, Our beliefs become our self-fulfilling prophecy, We choose our attitude in any situation How to handle missed runs The power of Self-Talk How to harness the power of Visualization The ultimate power of Relaxation The importance of Pre-Training How to avoid injury Symptoms of injury How to treat injury How much fluid you should consume during long runs How much you fluid you should consume each day How the scale will keep you hydrated How much fluid to consume after a run The best fluids to consume and when How many calories you need each day The best carbohydrates to consume The best protein to consume The best stretches to improve flexibility and recovery The best time to stretch How long to stretch The benefits of rest Proper running form How to conserve energy How to relax your body during a run Heart rate monitoring How to train smart and avoid overtraining How to use a heart rate monitor Running gear What to wear and when The benefits of weight lifting The Wall: What is is and how to overcome it How and why to Taper and many more tips on how to train for a marathon Section II Guides you week-by-week through the 16 week training schedule How you should feel at the current point in training Most important things to focus on in the current week Marathon day preparation What to do after the marathon

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