



Half-Marathon Running: Your step-by-step guide to planning, training for and running 13.1 miles (Step-by-step guides)

Lewis Birchon

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Amazon reviews

'This book has improved my performance significantly and has refreshed my training brilliantly'

'A good easy read, well laid out and totally helped me to succeed in completing my first half marathon'

'Gives you a no-nonsense guide to getting your mileage up to the 13.1 miles needed for a half-marathon.

Very motivating.'

Half-Marathon Running: Your step-by-step guide to planning, training for and running 13.1 miles is a concise and fully illustrated practical guide to half-marathon training. Suitable for those new to running as well as experienced racers, this fully illustrated book combines accessible guidance for beginners with high-power tips and tricks for endurance veterans.

* Analysis of more than 10,000 half-marathon runners' finish times to help you set realistic, achievable and ambitious race goals

* Training plans to help you achieve your half-marathon time goal, from 1:20 to 2:30 over 12 or 8 weeks

* Support for improving your running style, managing your training and essential racing techniques to get the most out of your race

* Advice on choosing running kit, nutrition, raising money for charity and keeping going to give you the support and motivation you need

* Includes downloadable training plans

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From reader reviews:

Earl Austin:

Have you spare time to get a day? What do you do when you have more or little spare time? That's why, you can choose the suitable activity for spend your time. Any person spent all their spare time to take a move, shopping, or went to the Mall. How about open or maybe read a book allowed Half-Marathon Running: Your step-by-step guide to planning, training for and running 13.1 miles (Step-by-step guides)? Maybe it is to be best activity for you. You recognize beside you can spend your time with your favorite's book, you can cleverer than before. Do you agree with it is opinion or you have various other opinion?

Warren Ford:

In this 21st century, people become competitive in each and every way. By being competitive now, people have do something to make all of them survives, being in the middle of the actual crowded place and notice through surrounding. One thing that at times many people have underestimated the item for a while is reading. Sure, by reading a guide your ability to survive raise then having chance to endure than other is high. For yourself who want to start reading the book, we give you this particular Half-Marathon Running: Your step-by-step guide to planning, training for and running 13.1 miles (Step-by-step guides) book as basic and daily reading book. Why, because this book is usually more than just a book.

Jessica Henriquez:

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Julie Gooch:

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