

Marathonning For Mortals A Regular Persons Guide To The Joy Of Running Or Walking Half Marathon John Bingham

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Former couch potato John Bingham has joined forces with coach Jenny Hadfield to create a winning plan that works for every mortal—even you. In Marathonning for Mortals, you'll find the courage to train, the willpower to persevere, and the tenacity to finish one mile after another. John and Jenny stick with you every step of the way, from your first insecure thoughts to your last-minute jitters to your supreme joy at the finish line.

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Marathonning for Mortals : A Regular Person's Guide to the Joy of Running or Walking a Half-Marathon or Marathon by Jenny Hadfield and John Bingham (2003, Trade Paperback, Revised edition)

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The Marathonning for Mortals Training Program Each program schedule week starts on Monday and ends on Sunday Each workout falls on a specific day of the week Each sequential session encourages your body to respond to the rhythm of progressively harder work, recovery and adaptation

Marathonning for Mortals - MarshallCF

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Marathonning For Mortals is a step-by-step (sorry, no pun intended) guide for runners who are ready to attempt their first marathon or half-marathon. Recommended for: Weekend warriors and those attempting their first marathon.

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