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A REGULAR PERSON'S

GUIDE

TO THE JOY

OF RUNNING

OR WALKING

A HALF-MARATHON

OR MARATHON

## MARATHONING for MORTALS

JOHN "THE PENGUIN" BINGHAM.

RUNNER'S columnist and author of No Need for Speed.

and

COACH JENNY HADFIELD, M.A., C.P.T.



## Resumo de Marathoning for Mortals

John 'the Penguin' Bingham is one of the slowest men in sneakers. But the beloved Runner's World columnist has a message for those who think long distances are for the super-fit alone: You can do it, too!

Along with his coach Jenny Hadfield, Bingham has written the ultimate everyman's guide to taking on the 13- or 26-miler, delivered with the confidence of one for whom slow and steady is a way of life.

-Includes specialized programs for walking -Offers a unique half-marathon training program -Gives tips on how to gauge your level of readiness - Helps runners design new training programs as they get stronger and faster -Pays special attention to injury prevention Along the way, Bingham cautions his students to love the journey, not just the finish line.

Let the other guy worry about trophies-Bingham and his students have a race to run.

Acesse aqui a versão completa deste livro