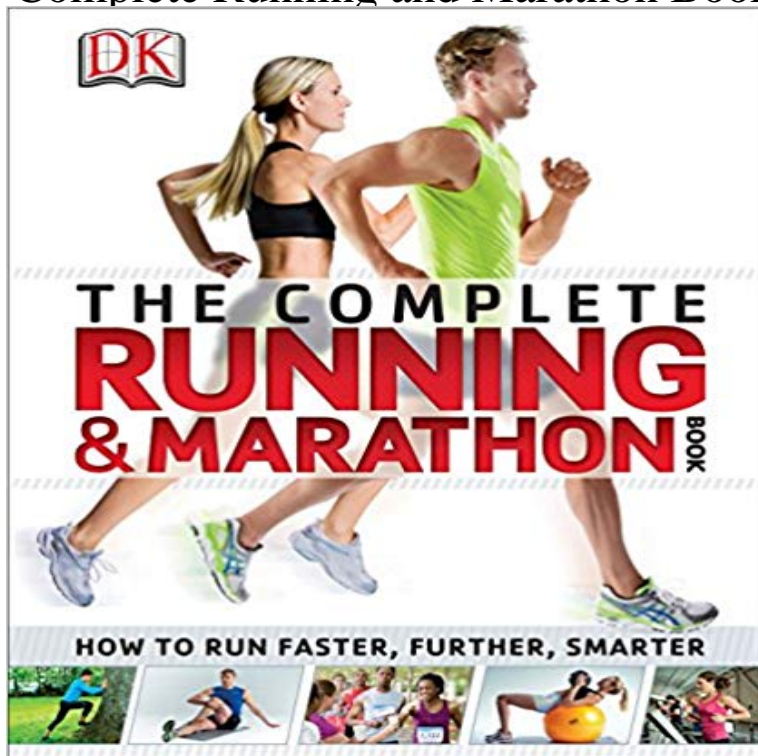


# Complete Running and Marathon Book (Dk Sports & Activities)



A one-stop guide for any aspiring runner, from the first step to the first marathon. Joining the 2 million runners in the UK (guardian.co.uk)? The Complete Running and Marathon Book has everything you need to know, from choosing the right footwear to eating right and warming up. Or running a race, such as a 5K, 10K, half marathon or marathon? Train hard with one of the specific programmes for your distance. Invaluable tips can help you to gain a vital competitive edge, from goal-setting and motivation to running psychology and race tactics. Assess and develop your technique under clear no-nonsense guidance with detailed visuals to help you understand what your body is going through. Key pre- and post-run step-by-step stretches help you to protect yourself from injury and core and resistance-training exercises can help you to run faster and further. The Complete Running and Marathon Book is perfect for any new or aspiring runner looking to go the distance.

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