

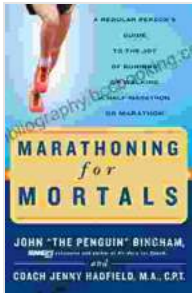
The Regular Person's Guide to the Joy of Running or Walking a Half Marathon or Marathon



If you've ever dreamed of running or walking a half marathon or marathon, but thought it was impossible, this book is for you. Written by a regular person who has completed both a half marathon and a marathon, this book provides everything you need to know to get started, from choosing the right shoes to setting a training schedule.

I know what you're thinking: I'm not a runner. I'm not in shape. I could never run a half marathon or marathon. But I'm here to tell you that you can do it. I was once in your shoes. I was overweight and out of shape. But I decided

to make a change. I started running, and I slowly but surely got better. And if I can do it, you can do it too.



Marathoning for Mortals: A Regular Person's Guide to the Joy of Running or Walking a Half-Marathon or Marathon by John Bingham

★★★★☆ 4.7 out of 5

Language : English
File size : 8023 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 252 pages



Chapter 1: Getting Started

The first step to running or walking a half marathon or marathon is to get started. This means putting on your shoes and heading out the door. It doesn't matter how far you go or how fast you run. Just get started.

If you're new to running or walking, start slowly. Don't try to do too much too soon. Start with short walks or runs and gradually increase your distance and speed as you get stronger.

It's also important to find a running or walking buddy. Having someone to run or walk with will help you stay motivated and make the experience more enjoyable.

Chapter 2: Choosing the Right Shoes

One of the most important things you need to do before you start running or walking is to choose the right shoes. Running or walking shoes are designed to provide support and cushioning for your feet. They can also help to prevent injuries.

When choosing running or walking shoes, it's important to consider your foot type, running style, and the type of terrain you'll be running or walking on.

If you're not sure what type of shoes to choose, visit a running or walking store and ask for help. The staff at the store can help you find the right shoes for your needs.

Chapter 3: Setting a Training Schedule

Once you have the right shoes, it's time to set a training schedule. A training schedule will help you gradually increase your distance and speed, and it will help you avoid injuries.

There are many different training schedules available online and in books. You can also work with a running or walking coach to create a personalized training schedule.

When setting a training schedule, it's important to be realistic. Don't try to do too much too soon. Start with a schedule that you can stick to, and gradually increase your distance and speed as you get stronger.

Chapter 4: Nutrition

Nutrition is an important part of running or walking a half marathon or marathon. Eating a healthy diet will help you fuel your body and avoid

injuries.

Make sure to eat a balanced diet that includes plenty of fruits, vegetables, whole grains, and lean protein. It's also important to drink plenty of water, especially before and after your runs or walks.

If you're not sure what to eat, talk to a registered dietitian or nutritionist. They can help you create a personalized nutrition plan that meets your needs.

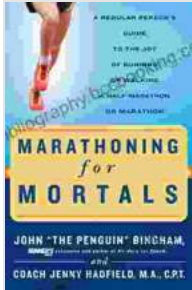
Chapter 5: Race Day

Race day is finally here! You've trained hard, and you're ready to run or walk your half marathon or marathon. Here are a few tips to help you make the most of race day:

- Get a good night's sleep before the race.
- Eat a healthy breakfast on race morning.
- Arrive at the race early so you have time to warm up.
- Start the race at a comfortable pace.
- Don't be afraid to walk if you need to.
- Enjoy the experience!

Running or walking a half marathon or marathon is a challenging but rewarding experience. If you're willing to put in the work, you can achieve your goal. Just remember to take it one step at a time, and don't give up on your dream.

I hope this book has inspired you to take the first step towards running or walking a half marathon or marathon. If you have any questions, please don't hesitate to contact me. I'm always happy to help.



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