



# Marathon and Half-Marathon Running: Skills, Techniques, Training (Crowood Sports Guides)

*Steve Trew*

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**Marathon and Half-Marathon Running: Skills, Techniques, Training (Crowood Sports Guides)** Steve Trew

Crowood Sports Guides provide sound, practical advice that will make you into a better sportsperson, whether you are learning the basic skills, discovering more advanced techniques or reviewing the fundamentals of your sport. Contents include: the history of the marathon and the myths that have grown around it; the big races and practical advice on how to enter; deciding on what type of event is right for you; correct shoes and clothing; how to form a training schedule and train progressively, building up mileage for your first event; a discussion of tapering and race preparation, and the correct nutrition and hydration for your race; tips for achieving a positive mental attitude; dealing with injury; progression onwards from your first marathon or half-marathon. Aimed at beginner to intermediate runners and superbly illustrated with over 200 colour photographs.

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