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## MARATHON RUNNING: A BEGINNERS GUIDE ON PREPARING TO RUN YOUR FIRST MARATHON (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Marathon Running, A Beginners Guide on Preparing to Run Your First Marathon This world-famous race of 26 miles and 385 yards has become the benchmark that all long-distance runners measure themselves against. It can be a social activity or a solo one, you can compete against other runners or you can try to beat your own best time. But it...

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- · Authored by Matt Jordan
- Released at 2017



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