



# The Non-Runner's Marathon Trainer

*David Whitsett, Forrest Dolgener, Tanjala Kole*

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Athlete. Runner. Marathoner. Are these words you wouldn't exactly use to describe yourself? Do you consider yourself too old or too out of shape to run a marathon? But somewhere deep inside have you always admired the people who could reach down and come up with the mental and physical strength to complete such a daunting and rewarding accomplishment? It doesn't have to be somebody else crossing the finish line. You can be a marathoner. *The Non-Runner's Marathon Trainer* is based on the highly successful marathon class offered by the University of Northern Iowa, which was featured in a *Runner's World* article titled "Marathoning 101." The class has been offered five times over 10 years, and all but one student finished the marathon. That is approximately 200 students -- all first time marathoners and many with absolutely no running background. This book follows the same 16-week, four-day-a-week workout plan. What makes the success rate of this program so much higher than any other? The special emphasis on the psychological aspects of endurance activities. You don't have to love to run -- you don't even have to like it -- but you have to realize that you are capable of more than you have ever thought possible. One participant in the program explained it like this: "I'm doing this for me -- not for others or the time clock. I just feel better when I run, plus it helps me to cope with things in general. The skills we've learned in this class don't apply just to marathoning -- they apply to life! Just like you never know what the next step in a marathon will bring, so too, you never know what will happen next in life. But if you don't keep going, you're never going to find out. By staying relaxed, centered, and positive you handle just about anything that comes your way." This is marathon running for real people, people with jobs and families and obligations outside of running. *The Non-Runner's Marathon Trainer* has proven successful for men and women of all ages. Now let it work for you.

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Why? Because this The Non-Runner's Marathon Trainer is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will shock you with the secret that inside. Reading this book alongside it was fantastic author who write the book in such awesome way makes the content interior easier to understand, entertaining method but still convey the meaning entirely. So , it is good for you for not hesitating having this any more or you going to regret it. This book will give you a lot of advantages than the other book have got such as help improving your proficiency and your critical thinking means. So , still want to hesitate having that book? If I have been you I will go to the e-book store hurriedly.

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You are able to spend your free time to study this book this publication. This The Non-Runner's Marathon Trainer is simple to deliver you can read it in the park your car, in the beach, train and soon. If you did not include much space to bring the particular printed book, you can buy the particular e-book. It is make you quicker to read it. You can save the book in your smart phone. Consequently there are a lot of benefits that you will get when you buy this book.

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