

Marathon Coach

John Bingham,Jenny Hadfield

Running Your First Marathon Andrew Kastor, 2018-01-09 “Andrew Kastor has taken the tried-and-true principles that all us pros follow and made them available and applicable for everyone. Just as Andrew has helped me on my journey, he is sure to help you on yours.”—Ryan Hall, US Olympic Marathoner, holder of the US record in the half marathon, and marathon training expert As a marathon training coach for world-class runners and Olympic medalists, Andrew Kastor knows what it takes to get to the finish line. Whether you are planning to run a full or half marathon, Coach Kastor’s marathon training program conditions you to set achievable goals, get in shape, and stay motivated. With an easy-to-follow 20-week marathon training schedule for building strength and endurance, plus expert advice from record-holding runners on what to expect, *Running Your First Marathon* is the only coaching you’ll need to go the distance. *Running Your First Marathon* lays out a goal-oriented marathon training program with: A 20-Week Marathon Training Program—detailed day-by-day marathon training schedules and space to track your progress *Marathon Training 101*—advice and tips from world-class marathoners on marathon training, fueling your body, avoiding injury, and race-day preparation *Motivational Marathon Training Boosts*—from Coach Kastor and other famous runners to help you stay on track during marathon training *Running Your First Marathon* will not only inspire you but also help train your mind and body to unlock hidden potential.—Shalane Flanagan, Olympic Silver Medalist, NYC Marathon champion, American record holder, and marathon training pro

Run Faster from the 5K to the Marathon Brad Hudson, Matt Fitzgerald, 2008-07-29 Learn how to run faster, unlock your potential, and reach peak performance with training advice from a former Olympic trials marathoner and coach to Olympians like Dathan Ritzenhein. Hudson is the most innovative running coach to come along in a generation. Until now, only a handful of elite athletes

have been able to benefit from his methods. Now Run Faster from the 5K to the Marathon shows all runners how to coach themselves as confidently and effectively as Brad coaches his world-class athletes. Becoming your own best coach is the ticket to running faster at any distance. First you will learn to assess your abilities. Then you'll learn how to devise a training program specifically geared to you. Filled with easy-to-follow sample training programs for distances ranging from the 5K to the marathon and abilities ranging from novice to advanced, Run Faster is the cutting-edge guide for optimal performance. With Hudson's guidance, you can train smarter and more effectively—and avoid injury. And you'll soon be running faster than you ever thought possible!

Smart Marathon Training Jeff Horowitz, 2011-10-01 Old-school marathon training plans ask runners to crank out 70 to 100 miles a week. It's no wonder those who make it to the start line are running ragged. Smart Marathon Training maps out a healthier, more economical approach to training that emphasizes quality over quantity. With more than 75 detailed exercises plus six easy-to-follow training plans for half and full marathons, Smart Marathon Training will get you to the starting line feeling refreshed and ready to run your best race yet. This innovative program eliminates junk miles, paring down training to three essential runs per week and adding a dynamic strength and cross-training program to build overall fitness. Runners will train for their best performance in less time and avoid the injuries, overtraining, and burnout that come from running too much. Smart Marathon Training builds up a runner's body to resist injury. Runners gain the strength they need to run long using functional exercises that target the hips, glutes, and quads. Running is a full-body sport, so this training program also builds a strong core and upper body to avoid injuries that begin above the waist. No one fakes a marathon or half-marathon--everyone has to do the work. But Smart Marathon Training replaces long, grinding miles with low-impact cross-training. Horowitz outlines a cycling plan

to complement run workouts, boosting base fitness while saving runners' bodies for their best runs.

Me, You & 26.2 Denise Sauriol, 2018-08-28 Don't think you can run a marathon? This book is for YOU! Through her own experience completing over 100 marathons and from transforming hundreds of first-timers into many-time marathoners, Coach Denise Sauriol, a.k.a., the Marathon Whisperer, equates training for a marathon to taking a class. When you sign up for a class, you get a syllabus (training plan), you do your homework (training runs) and then you take your final (run the marathon), right? Training for a marathon is as methodical as taking a class. You just have to add heart! Signed up for a marathon and feeling SCITED (Scared + Excited)? This book is also for YOU! This book is all you need for running your first marathon. The chapters are laid out into 26 miles and kick off with a personal story of inspiration from a first-timer that Denise has coached. She has coached runners from 18 to 82 years old and she can help you too! Within each mile, she shares her tips, tricks and lessons learned from competing in over 250 races across 6 continents. Following these insightful and inspirational miles, you will find your syllabus for Marathoning 101. When was the last time you did something that you were SCITED about?! YOU too, can do 26.2!

Mastering the Half Marathon Cathy Utzschneider, 2014-06-25 The half marathon has become the fastest-growing race distance in the United States, both in terms of number of finishers and number of new races. Additionally, according to Running USA's National Runner Survey, the half marathon is the favorite distance of both sexes. Mastering the Half Marathon is your guide to completing or even reaching personal records in one of the most popular running events. Author Cathy Utzschneider has been ranked fifth in the world in her age group and won seven USA Track and Field age-group titles since she started running competitively at age 40. In Mastering the Half Marathon, masters runners will benefit from the targeted approach that she has used to guide 46

national masters age-group champions. This mini e-book begins with an introduction to the half marathon before moving into training workouts, plans, and tips. Included are 12-week training plans for both experienced and beginning runners. Mastering the Half Marathon also focuses on speed development, detailing information on exertion, fartlek training, threshold running, and interval running. The mini e-book concludes with strategies for race day, including pacing, and fueling during and after the race. Mastering the Half Marathon is an abridged version of Cathy Utzschneider's Mastering Running (Human Kinetics, 2014), which provides information and advice on topics that matter most to older runners, proving that age is no obstacle to excellence.

Marathon Hal Higdon, 2005-09-03 Features instructions for runners of all ability levels on preparing for a marathon, including training schedules, advice on diet, defensive running strategies, and tips for staying motivated.

Mastering Running Utzschneider, Cathy, 2014-06-04 A comprehensive resource for fitness and competitive runners aged 30 and older, Mastering Running proves that age is no obstacle to excellence. With information and advice on topics that matter most to older runners, Mastering Running provides master-specific drills, exercises, and training plans.

Hal Higdon's Half Marathon Training Higdon, Hal, 2016-03-01 Hal Higdon's Half Marathon Training offers prescriptive programming for all levels of runners. Not only will it help you learn how to get started with your training, but it will show you where to focus your attention, when to progress, and how to keep it simple.

Run Faster from the 5K to the Marathon Brad Hudson, Matt Fitzgerald, 2008-07-29 Learn how to run faster, unlock your potential, and reach peak performance with training advice from a former Olympic trials marathoner and coach to Olympians like Dathan Ritzenhein. Hudson is the most

innovative running coach to come along in a generation. Until now, only a handful of elite athletes have been able to benefit from his methods. Now *Run Faster from the 5K to the Marathon* shows all runners how to coach themselves as confidently and effectively as Brad coaches his world-class athletes. Becoming your own best coach is the ticket to running faster at any distance. First you will learn to assess your abilities. Then you'll learn how to devise a training program specifically geared to you. Filled with easy-to-follow sample training programs for distances ranging from the 5K to the marathon and abilities ranging from novice to advanced, *Run Faster* is the cutting-edge guide for optimal performance. With Hudson's guidance, you can train smarter and more effectively—and avoid injury. And you'll soon be running faster than you ever thought possible!

The Complete Idiot's Guide to Marathon Training David Levine, Paula Petrella, 2011-05-03 A comprehensive guide to get you ready for race day. According to the rule books, a marathon is 26.2 grueling yet exhilarating miles. Millions of people run marathons around the world. Many more millions dream of doing it. But novice or veteran runners, marathons require training and plenty of it. Certified marathon coach David Levine and dedicated marathoner Paula Petrella know how to get anyone in shape for the race and share the entire procedure in clear, jargon free language. • Includes dozens of instructional photos. • Practical advice that addresses the needs of men and women of all ages.

The Official Rock 'n' Roll Guide to Marathon & Half-Marathon Training Mario Fraioli, 2013-04-01 Rock your run with *The Official Rock 'n' Roll Guide to Marathon and Half-Marathon Training*! This practical, encouraging guide makes preparing for marathon and half-marathon as rewarding as race day. With coaching advice, running workouts, and training programs from Coach Mario Fraioli, you'll enjoy training and cross the finish line feeling great. Coach Mario will guide you from sign-up to finish

line. With his expert advice, you'll choose your race, set your goals, select the right gear, and move swiftly through a beginner or experienced marathon or half-marathon training program. Fraioli covers all of running's most important topics: dynamic warm-up exercises, smart and realistic workouts, healthy sports nutrition and hydration guidelines, tips for quick and complete recovery, strength training and crosstraining, advice to treat common running injuries, and strategies for race week and race day. He offers useful tools like running pace charts, a sweat loss calculator, and a preview of each Rock 'n' Roll race course. The Rock 'n' Roll Marathon and Half-Marathon series is the world's most popular running series because each race is a fun and feel-good challenge. Now with the Official Rock 'n' Roll Guide, you'll be ready to rock your marathon or half-marathon.

Born to Coach Paul Clerici, 2020-03-16 From tasting his own blood while running hard as a Notre Dame miler to producing the top US marathon legends in the epicenter of the running boom of the 1970s and into the 80s, Bill Squires not only survived being born with a misdiagnosed and potentially fatal defective heart, but the late-developing skinny kid also amassed numerous track records as a collegiate All-American while struggling academically. As the first coach of the groundbreaking Greater Boston Track Club, Bill Squires was the key figure in the creation of the greatest generation of American distance runners. Coaching for years at all levels, it is with this vast accumulation of firsthand knowledge and experience that legendary Olympians and major marathon champions such as Bill Rodgers, Alberto Salazar, Greg Meyer, Dick Beardsley, wheelchair champ Bob Hall, and more, individually and with GBTC dominated the landscape and set the pace for future generations via Bill's innovative race simulators and group-training techniques that are still used today. Proof of his determination and perseverance appeared early as he survived the physical and emotional childhood trauma and effects of a misdiagnosis that stunted his emotional and physical growth. He continually

pushed himself through personal pain in competition and maturation; found his eventual athletic calling as a record-setting runner; and became the highly sought-after benevolent ambassador of running as a coach. He is proof that one should never give up. Coach Bill Squires turned a bunch of wacky, individualistic Boston runners into marathon elites in part because he shared the same traits f,,f,,€f,, he's wacky and individualistic. And very, very smart about training for road-race success. I only got to train with Squires and the Greater Boston Track Club a couple of times in my career, but those workouts were among the hardest f,,f,,€f,, and most fun f,,f,,€f,, I ever did. I'll never forget those runs. f,,f,,€f,, Ambrose Amby Burfoot, 1968 Boston Marathon winner, Runner's World editor-at-large, author Coach Billy Squires, as we affectionately called him, is a remarkable human being as well as a brilliant coach. He is always generous with his time and we've had many conversations over the years. I know him as a very thoughtful and articulate man with a sense of humor. Not only did he train Alberto Salazar, Dick Beardsley, Bill Rodgers, and Greg Meyer, to name a few, but he takes time to chat with many of us in the running community. I remember him at the Boston Marathon year after year and we'd sit and talk about the old days and the new days. I never had a coach, but if I had, I would have wanted it to be Coach Squires. He often said he wished he'd known me 40 or 50 years ago, and I'd smile. I always look forward to our chats and wish there had been more of them. He's a great coach and a wonderful person. I have a huge amount of respect and affection for him. f,,f,,€f,, Roberta Bobbi Gibb, three-time winner of the Boston Marathon (1966-68) and the first woman to finish the race In the fall of 1973, my junior year at Boston State College, I approached my teacher, Bill Squires. Bill was my physical education health and fitness instructor. Classes were always full of engaging conversation, and no one missed them. Bill was also the coach of the Greater Boston Track Club as well as for Boston State College. After class, I asked Bill if he would coach me to do the first

National Wheelchair Mile the following summer. The record was under seven minutes (6:53). I thought I could do it. He looked at me, shaking his head, 'Do you know what that is? That's four back-to-back quarter miles f,,lf,,€f,,l in a wheelchair!' I told him I could do it. Bill gave me a workout schedule and told me to see him in the spring. I followed up in the spring and told him I was ready. He realized that I was committed and gave me a track program and told me to keep in touch. The day before I was to leave for the Mile, I saw him in the hallway at school. I called his name and he turned and smiled. He said, 'Look, I've sent two guys to the nationals, the third coming back a champion. Here's what you're going to do. Someone is going to break away; don't worry. Tuck in, say, around fourth place. At 300 yards coming out of the corner, sprint to the finish.' To my amazement, it happened just like that. I broke the record by four seconds (6:49). I was so proud wearing my Boston State College uniform and Converse running flats that he had given me. After doing the World Championship, I went to Bill again about doing the Boston Marathon. He told me I was nuts, but he gave me a distance training program. As part of this training, I did part of the Marathon route during a race in February called the Washington Day Marathon. Bill followed me in his station wagon f,,f,,€f,, encouraging me and stopping traffic. He was spinning around in a very dangerous intersection, flapping his hands, stopping traffic in all directions, urging me to come through. He looked like a scarecrow! When I was approaching Heartbreak Hill, he got out of his car and waved me to stop. He yelled, 'You did it! You did it! It's all downhill. You did the Boston Marathon!' He presented me with a medal, which I cherish to this day. Eventually doing the actual Boston Marathon, Bill helped me accomplish my goal of breaking three hours in 1975 (2:58:00) and receive a certificate for all future entrants (but the beef stew was gone). All with the encouragement of my coach, Bill Squires. f,,f,,€f,, Bob Hall, pioneering two-time Boston Marathon winner, 1977 National Wheelchair Championship WR-setter, former Boston Marathon

Wheelchair Athlete Liaison I first met [Bill Squires] in 1974, I think, at a track meet, of course, when Vin Fleming, a teammate, introduced me and told him that I had joined the Greater Boston Track Club. I was surprised that he knew a lot about me and my running, and he was very encouraging. The Boston-area track and field community was tight, and everyone seemed to know everyone else. I was learning. Looking back, it is clear to me that his success came from his love of running and track and field. Just being around it f,,f,,€f,, translating all his practical knowledge into specific workouts, many individualized, and watching his athletes perform f,,f,,€f,, was exciting and he put his life into it and never looked for anything in return other than sincerity. There are many, many stories of Coach's generosity, from giving money to Bill Rodgers to buy bread and milk when he was on food stamps to giving up his bed at a road race to Dick Beardsley and sleeping in a bathtub with a shower curtain for a blanket. He would give fatherly advice as well, urging me to return to college and finish my degree after a cross-country trip of nearly a year. He told me, 'Bobby, I'm glad you quit picking daisies and got serious. f,,f,,€f,, Bob Hodge, seven-time Mount Washington Road Race winner, 1979 Boston Marathon third-place finisher, Greater Boston Track Club Billy Squires was a high school miler, runner, and champion at the national level. He went to Notre Dame and competed for them and was at a very high professional level post-collegiately for a while and [several times] ran the Boston Marathon. He coached Boston State College and he made the Greater Boston Track Club the highest-level distance running group ever organized in Massachusetts. Billy helped all of us in GBTC to improve and reach higher levels, and of course those runners include people like 1983 Boston Marathon champion Greg Meyer, 1982 Boston Marathon champion Alberto Salazar, and many other high-level runners such as 2:08 marathoner Dick Beardsley, 2:11 marathoner Randy Thomas, 2:10 marathoner Bob Hodge, and the list goes on and on. Billy inspired all of us and motivated all of us because we could see how much

he loved our sport f,,f,,€f,, that was the ultimate key to the success of the Greater Boston Track Club. It was an honor to introduce Coach Squires at his induction into the USATF National Track and Field Hall of Fame in 2017. Coach Squires is known across the country and certainly is one of f,,f,,€f,, if not the f,,f,,€f,, best marathon coach of all-time. Not only that, he is a great guy. And to this day, I still hear his former athletes talk about their work with Coach Squires. He also played a powerful force in the first running boom in the United States, which might be his greatest contribution to the sport. We all like the Coach.f,,f,,€f,, Bill Rodgers, four-time Boston Marathon and New York City Marathon winner, Marathon Man co-author Bill Squires was the first great marathon coach in the United States that did for marathon racing and training what University of Oregon coach Bill Bowerman did for distance runners on the track. Bill Squires mentored and influenced a lot of future runners and coaches with his training methods. No other marathon coach in the United States before or after Bill Squires has coached as many world-class runners in the marathon. He, along with my high school coach Don Benedetti and University of Oregon coach Bill Dellinger, were largely responsible for whatever success I had as a runner or as a coach. Alberto Salazar,three-time New York City Marathon winner, 1982 Boston Marathon winner, Nike Oregon Project coach of Olympic medalists, author

Marathon Hal Higdon,2011-09-27 A training guide for beginners, first-time marathoners, and women runners counsels readers on how to build speed and distance while maximizing one's performance and building on defensive running skills, in an updated edition by a senior writer for Runner's World magazine. Original.

The Runner's World Big Book of Marathon and Half-Marathon Training Jennifer Van Allen,Bart Yasso,Amby Burfoot,Pamela Nisevich Bede,Editors of Runner's World Maga,2012-06-05 The first dedicated book on marathon and half marathon training from the renowned experts at Runner's

World Runner's World Big Book of Marathon and Half-Marathon Training gives readers the core essentials of marathon training, nutrition, injury prevention, and more. The editors of Runner's World know marathon training better than anyone on the planet. They have spent the last few years inviting readers to share the long, sweaty journey to the starting line, putting themselves on call to personally answer readers' questions 24/7. This book includes testimonials from real runners, more than 25 training plans for every level and ability, workouts, a runner's dictionary, and sample meal plans. Runner's World Big Book of Marathon and Half-Marathon Training is a powerful and winning resource—the ultimate tool kit for anyone who wants to get from the starting line to the finish line.

Marathoning for Mortals John Bingham, Jenny Hadfield, 2003-05-02 As Runner's World's columnist and poster child for adult-onset athletes, John the Penguin Bingham offers the ultimate introduction to long-distance running and walking.

Marathon, Revised and Updated 5th Edition Hal Higdon, 2020-03-03 Now completely updated and revised--a new edition of the long-running marathon training guide that has helped more than half a million people reach their goals. *Marathon: The Ultimate Training Guide* is among the bestselling running books of all time for many reasons, but above all others is this one: It works. Marathon running has changed in the seven years since the fourth edition--there are more runners than ever before, the popularity of half-marathons has grown immensely, and guidelines for best recovery and diet practices have changed. This revised fifth edition includes a new chapter on ultramarathons, along with material on recovery techniques, several new training programs, and advice on how to win a Boston qualifying race and improve your personal record. At its core remains Hal Higdon's clear and essential information on injury prevention, training, and nutrition. *Marathon* demystifies the marathon experience and allows each runner to achieve peak performance without anguish or pain, taking the

guesswork out of marathon training, whether it's for your first or fiftieth. With Higdon's comprehensive approach and tried-and-tested methods, any runner will learn how to optimize their training and achieve their marathon goals.

Hansons First Marathon Luke Humphrey, Keith Hanson, Kevin Hanson, 2018-10-12 The results have been proven at every level, from the beginner to the elite, the Hanson's training system works. - Desiree Davila, Olympic marathoner With the right training, ANYONE can finish a marathon! Hansons First Marathon, from one of America's most successful marathon training groups, offers a smart, friendly guide to preparing for your first marathon. With their proven method, the coaches of the Hansons-Brooks Distance Project will show you how to break down the 26.2 miles into achievable daily workouts. By race day, you'll feel strong and confident of a race experience you'll be proud of. The Hansons-Brooks Distance Project has an amazing track record of turning normal runners into marathoners through their acclaimed Hansons Marathon Method. Now they have made the marathon not just something to check off your bucket list, but also an enjoyable, inspiring, and life-changing experience. Hansons First Marathon is for anyone who has decided to step up to the marathon. Whether you're a totally new runner who has never run a race, a recreational runner who enjoys occasional races, or even a competitive runner who is ready to go all the way—you'll find the right marathon training schedule for you in Hansons First Marathon. Author and coach Luke Humphrey starts you off on the right foot with a simple survey about your running experience, race goals, and your natural strengths and weaknesses. Then he guides you to the right plan to prepare you for the miles ahead. Hansons First Marathon covers everything you need to know: Finding your foot type and a good shoe for marathon training The types of workouts and how (and why) to do them Choosing your race wisely Training around travel, illness, and navigating injuries How to stretch and strength train for

marathon
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Science-based nutrition and hydration guidelines for workouts and race day
What to do differently during the crucial final 6 weeks before your race
How to get to the start line feeling confident, stress-free, and ready
Setting an ideal marathon race strategy that puts you in control
Marathons are an exciting, rewarding challenge for runners of all abilities, but how you get to the start line matters as much as how you finish. Choose Hansons First Marathon to start your marathon adventure and you'll set yourself up for success.

Basic Marathon Training Don Garber, 2004 Provides a guide to running a marathon, including equipment, training, diet, and injury prevention.

Marathon Training Joe Henderson, 2012-04-13 The thought of covering 26.2 miles, or 42.2 kilometers, on foot is as frightening as it is fascinating. The act itself might appear as simple as putting one foot in front of the other and remembering to alternate feet. But doing this for hours on end can seriously test your physical as well as mental resources. A marathon takes anywhere from a little over two hours to a lot more than five hours to complete. The event drains your fluid and fuel reserves. It hammers your feet and legs. It makes you wonder at some point late in the race, "What am I doing here?" The decision to run a marathon is not made lightly. It's a major commitment of time and energy. This training can be quite gratifying if done right, or equally distressing if done wrong. Here author and marathon coach Joe Henderson helps maximize your gratification and minimize your distress. This event requires special training – and lots of it for a long time. The book focuses on those training requirements. This isn't a book about the history or personalities or statistics of the marathon, or about training for any other distance but the marathon. This book deals exclusively with how to get to and through a race that justifies all the time and effort you put into it. *Marathon Training* offers proven training programs, each lasting three months, for three different levels of runners. Joe

Henderson provides the tools for writing individualized sessions for each of the 100 days. Supporting each one is a “Thought for the Day” and a “Tip for the Day.” Together these items supply the information and inspiration you need to complete the training – and eventually the marathon itself.

How to Train For and Run Your Best Marathon Gordon Bloch, 1993-08-05 A valuable coaching on gearing up for and finishing a marathon. From a national class marathoner who qualified for the Olympic Trials—valuable coaching on gearing up for and finishing a marathon. Bloch explains the benefits of cross-training for marathon runners, offers winning strategies specific to individual race courses, and more.

Immerse yourself in heartwarming tales of love and emotion with is touching creation, Experience Loveis Journey in **Marathon Coach** . This emotionally charged ebook, available for download in a PDF format (Download in PDF: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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