

Marathon

Hal Higdon

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 Magazine, 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.

The Olympic Marathon David E. Martin, Roger W. H. Gynn, 2000 No Olympic event can rival the rich history and grand spectacle of the marathon. Created for the first modern Olympic Games in Athens in 1896 as a commemoration of the legendary run by the Greek messenger Philippides, the race has endured like no other, producing a century of awe-inspiring competition and unforgettable stories. *The Olympic Marathon* brings the high drama and rich details of the past 24 Olympic marathon races to life in a way no other book ever has. This definitive resource, written by world-renowned Olympic marathon experts David Martin and Roger Gynn, goes beyond statistics to offer readers a vivid chronicle of the athletes and their memorable marathon performances. Fans will relive the compelling moments that have made the Olympic marathon legendary: Spiridon Louis winning the first modern Olympic marathon in Athens in 1896, Emil Zátopek's dramatic triple-gold performance in 1952, Ethiopian Abebe Bikila winning a gold medal while running barefoot, Joan Benoit Samuelson earning her place in history as winner of the first Olympic women's marathon in 1984, and many other fascinating stories. For each race, *The Olympic Marathon* provides the following: -A summary of the geographical setting and political climate surrounding the Olympic Movement -A course map and detailed street description -A step-by-step narrative of how the race was run -Biographical sketches of the top three finishers -A Looking Ahead section, which summarizes marathon highlights leading up to the next Olympic marathon Generously illustrated, often with rare and never-before-published photos, a pictorial glimpse is provided into the contemporary atmosphere and dynamics of each race. Plus, for readers who want complete statistics on each race, the book provides a comprehensive appendix.

Included are chronological and alphabetical race results for all men and women who participated in the event and listings of the fastest men's and women's Olympic marathon performances. The Olympic Marathon is the authoritative book on the race that has captured the imagination of the world. It's a one-of-a-kind resource that every fan of running and the Olympics will treasure.

The Non-Runner's Marathon Trainer David A. Whitsett, Forrest A. Dolgener, Tanjala Jo Kole, 1998-02-01 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.

Marathon Woman Kathrine Switzer, 2017-04-04 In 1967, Kathrine Switzer was the first woman to officially run what was then the all male Boston Marathon, infuriating one of the event's directors who attempted to violently eject her. In what would become an iconic sports image, Switzer escaped and finished the race. This was a watershed moment for the sport, as well as a significant event in women's history. Including updates from the 2008 Summer Olympics, the paperback edition of

Marathon Woman details the life of an incredible, pioneering athlete, and the lasting effect she's had on women's sports. Switzer's energy and drive permeate the pages of this warm, witty memoir as she describes everything from the childhood events that inspired her to succeed to her big win in the 1974 New York City Marathon, and beyond.

Chi Marathon Danny Dreyer, Katherine Dreyer, 2012-03-13 From the authors of the bestselling *Chi Running*, a game-changing training guide for injury-free long distance running. In *Chi Marathon*, Danny Dreyer, creator of the revolutionary *ChiRunning* program, highly respected running coach, and accomplished distance runner, takes a whole-body approach to long-distance running—much like T'ai Chi—making ease and efficiency of movement the prime goal of one's training. *Chi Marathon* is the first book to focus not on building stamina first (though that is covered here) but on how to run all those miles without harming your body. A staggering 80 to 90 percent of marathoners face injuries during their training. This book debunks the myth that marathoners need to push through and beyond pain, and presents a technique-based plan for pain- and injury-free, high-performance half and full marathons. *Chi Marathon* also shows how to improve your performance by developing your own race-specific training plan tailored to your event, and will help you cross the finish line feeling strong no matter your age, body type, or running ability. -Run a marathon or half marathon free of pain and injury -Transform your racing with the training triad: form, conditioning, and mastery -Tap into your chi, an energy source more powerful and enduring than muscles -Teach your mind and body to work together as a team and master your event This is the book that distance runners have been waiting for. With *Chi Marathon* you can enjoy the run and feel confident no matter the distance.

26 Marathons Meb Keflezighi, Scott Douglas, 2021-02-16 NEW YORK TIMES BESTSELLER • A world-class runner and four-time Olympian shares the life lessons he's learned from each of the twenty-six marathons he's run in his storied career. "An athlete whose wisdom and lessons aren't just for runners."—The Washington Post When Meb Keflezighi—the first person in history to win both the Boston and New York City marathons as well as an Olympic marathon medal—ran his final marathon in New York City on November 5, 2017, it marked the end of an extraordinary distance-running career. Meb's last marathon was also his twenty-sixth, and each of those marathons has come with its own unique challenges, rewards, and outcomes. In *26 Marathons*, Meb takes readers on those legendary races, along every hill, bend, and unexpected turn of events that made each marathon an exceptional learning experience, and a fascinating story. *26 Marathons* offers the wisdom Meb has gleaned about life, family, identity, and faith in addition to tips about running, training, and nutrition. He shows runners

of all levels how to apply the lessons he's learned to their own running and lives. Equal parts inspiration and practical advice, *26 Marathons* provides an inside look at the life and success of one of the greatest runners living today. Praise for *26 Marathons* “*26 Marathons* is a swift read, guaranteed to be popular with student athletes plus hard-core and recreational runners, who will undoubtedly agree that Meb is an American treasure and running ambassador who never fails to inspire.”—Booklist (starred review) “*26 Marathons* gives great insight about the ups and downs in marathon running and how to cope with them. As Meb shows, dealing with these marathon experiences help us become better in our lives.”—Eliud Kipchoge, Marathon World Record Holder and 2016 Olympic Gold Medalist “Meb’s *26 Marathons* is like opening a treasure chest full of inspiring stories that give behind-the-scenes glimpse into the mental and physical joys and obstacles that elite-level racing can bring. His advice on training, overcoming injuries, and adversity is for everyone. It’s pure gold!”—Shalane Flanagan, 2017 TCS NYC Marathon Champion

Marathon Man Bill Rodgers, Matthew Shepatin, 2013-04-02 The legendary long-distance runner details his historic victory in the 1975 Boston Marathon that launched the modern running boom Within a span of two hours and nine minutes, Bill Rodgers went from obscurity to legend, from Bill Rodgers to Boston Billy. In doing so, he instantly became the people's champ and the poster boy for the soulful 1970s distance runner. Having won the Boston Marathon and New York Marathon four times each, he remains the only marathoner to have appeared on the cover of *Sports Illustrated* twice. Winning the Holy Grail of marathons in an unthinkable record time changed Bill's life forever. But his dramatic breakthrough in Boston also changed the lives of countless others, instilling in other American runners the belief that they could follow in his footsteps, and inspiring thousands of regular people to lace up their shoes and chase down their own dreams. In the year before Rodger's victory at the 1975 Boston Marathon, 20,000 people had completed a marathon in the United States. By 2009, participants reached nearly half a million. Thirty-seven years later Bill Rodgers still possesses the same warm, endearing, and whimsical spirit that turned him into one of America's most beloved athletes. In *Marathon Man* he details for the first time this historic race and the events that led him there.

Chicago Marathon Raymond Britt, 2009 On Saturday, September 23, 1905, fifteen determined runners bolted at the sound of the starter's gun to begin an amazing journey of distance and endurance: the first Chicago Marathon. Huge crowds witnessed a thrilling race that had it all: action, disaster, suspense, a fallen favorite, and a cliff-hanger ending. It was epic, defining a new chapter in Chicago's athletic history. More than a century later, each year Chicago welcomes nearly 40,000

inspiring runners—from the world's best to complete novices—who will start, discover, battle, and ultimately finish something they once thought impossible, even ridiculous: the Chicago Marathon, all 26 miles, 385 yards. This book takes the reader into the marathon experience, including the sights, sounds, emotions, challenges, and achievements.

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.

Marathon Boaz Yakin, 2012-06-19 In graphic novel form, tells the story of Eucles, the Athenian messenger who, in 490 B.C., ran twenty-seven miles from Sparta to Athens, preventing the fall of Greece to the Persian Empire.

The Hundred-Year Marathon Michael Pillsbury, 2015-02-03 One of the U.S. government's leading China experts reveals the hidden strategy fueling that country's rise – and how Americans have been seduced into helping China overtake us as the world's leading superpower. For more than forty years, the United States has played an indispensable role helping the Chinese government build a booming economy, develop its scientific and military capabilities, and take its place on the world stage, in the belief that China's rise will bring us cooperation, diplomacy, and free trade. But what if the China Dream is to replace us, just as America replaced the British Empire, without firing a shot? Based on interviews with Chinese defectors and newly declassified, previously undisclosed national security documents, *The Hundred-Year Marathon* reveals China's secret strategy to supplant the United States as the world's dominant power, and to do so by 2049, the one-hundredth anniversary of the founding of the People's Republic. Michael Pillsbury, a fluent Mandarin speaker who has served in senior national security positions in the U.S. government since the days of Richard Nixon and Henry Kissinger, draws on his decades of contact with the hawks in China's military and intelligence agencies and translates their documents, speeches, and books to show how the teachings of traditional Chinese statecraft underpin their actions. He offers an inside look at how the Chinese really view America and its leaders – as barbarians who will be the architects of their own demise. Pillsbury also explains how the U.S. government has helped – sometimes unwittingly and sometimes deliberately – to make this China Dream come true, and he calls for the United States to implement a new, more competitive strategy toward China as it really is, and not as we might wish it to be. *The Hundred-Year Marathon* is

a wake-up call as we face the greatest national security challenge of the twenty-first century.

The World Marathon Book Wild Bunch Media,Christina Neal,2018-09-06 Includes in-depth historical profiles and statistical information for each of the world's greatest marathons, as well as spectacular photographs sure to get any runner's feet twitching.

Life Is a Marathon Matt Fitzgerald,2019-03-26 An endurance athlete and coach reveals how the marathon transforms the lives of everyone who attempts it--and how it has helped his own family cope with serious adversity Step after step for 26.2 miles, hundreds of thousands of people run marathons. But why--what compels people past pain, lost toenails, 5.30 am start times, The Wall? Sports writer Matt Fitzgerald set out to run eight marathons in eight weeks across the country to answer that question. At each race, he meets an array of runners, from first timers, to dad-daughter teams and spouses, to people who'd been running for decades, and asks them what keeps them running. But there is another deeply personal part to Matt's journey: his own relationship to the sport--and how it helped him overcome his own struggles and cope with his wife Nataki's severe bipolar disorder. A combination of Matt's own *How Bad Do You Want It?* and *What I Talk About When I Talk About Running*, *Life Is a Marathon* captures the magic of those 26.2 miles. At the end of the day--and at the end of the race--the pursuit of a marathon finish line is not unlike the pursuit of happiness. You will pick up the book for a powerful personal story about what running does for the people for whom it does the most. You will put it down with a greater understanding of what it means to be alive in this world.

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.

Marathon, All-New 4th Edition Hal Higdon,2011-09-27 Especially in tough economic times, running offers an affordable and positive way to relieve stress and gain a sense of accomplishment. Marathons and--more than ever--half-marathons are the ultimate achievement for runners and have experienced an unprecedented boom in the last several years. New hunger for reliable information on marathon and half-marathon training, as well as new technologies that have revolutionized ordinary people's ability to train intelligently, means the time is right for a new edition of longtime *Runner's World* contributor Hal Higdon's classic guide to taking the guesswork out of preparing for a marathon, whether it's a reader's first or fiftieth. At the core of the book is Higdon's clear and essential information on training, injury prevention, and nutrition. With more than 25 percent new material, this

fourth edition of a running classic is a must-own for both longtime runners and those new to the sport.

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.

The Everything Running Book Art Liberman, Randy Brown, Eileen Myers, 2011-12-18 Running can help you lose weight, create a healthy body image, and boost your self-esteem. No matter your fitness level, you too can enjoy the benefits of this sport! With this book, you'll gain the knowledge and tools you need to run a 10K, a marathon, or just a lap around the block! The new edition includes: Cutting-edge information on hugely influential trends in natural running, including ChiRunning, barefoot running, and cross-training with yoga and meditation Information on how to select the right gear and manage your nutrition, including details on new diets favored by endurance athletes A dedicated section on running for women, including specific nutritional and physical concerns Whether you're a beginner or a seasoned veteran, this book has everything you need to maximize your running potential--from start to finish!

Life Is a Marathon Matt Fitzgerald, 2019-03-26 An endurance athlete and coach reveals how the marathon transforms the lives of everyone who attempts it--and how it has helped his own family cope with serious adversity Step after step for 26.2 miles, hundreds of thousands of people run marathons. But why--what compels people past pain, lost toenails, 5.30 am start times, The Wall? Sports writer Matt Fitzgerald set out to run eight marathons in eight weeks across the country to answer that question. At each race, he meets an array of runners, from first timers, to dad-daughter teams and spouses, to people who'd been running for decades, and asks them what keeps them running. But there is another deeply personal part to Matt's journey: his own relationship to the sport--and how it helped him overcome his own struggles and cope with his wife Nataki's severe bipolar disorder. A combination of Matt's own *How Bad Do You Want It?* and *What I Talk About When I Talk About Running*, *Life Is a Marathon* captures the magic of those 26.2 miles. At the end of the day--and at the end of the race--the pursuit of a marathon finish line is not unlike the pursuit of happiness. You will pick up the book for a powerful personal story about what running does for the people for whom it does the most. You will put it down with a greater understanding of what it means to be alive in this world.

26.2 Kathrine Switzer, Roger Robinson, 2006-04-18 A visual and narrative tour of marathon history

throughout the world examines marathon popularity in social, philosophical, athletic, fashion, cultural, and scientific contexts, featuring photography by such top contributors as Helmut Newton and Susan Meiselas. 25,000 first printing.

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.

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