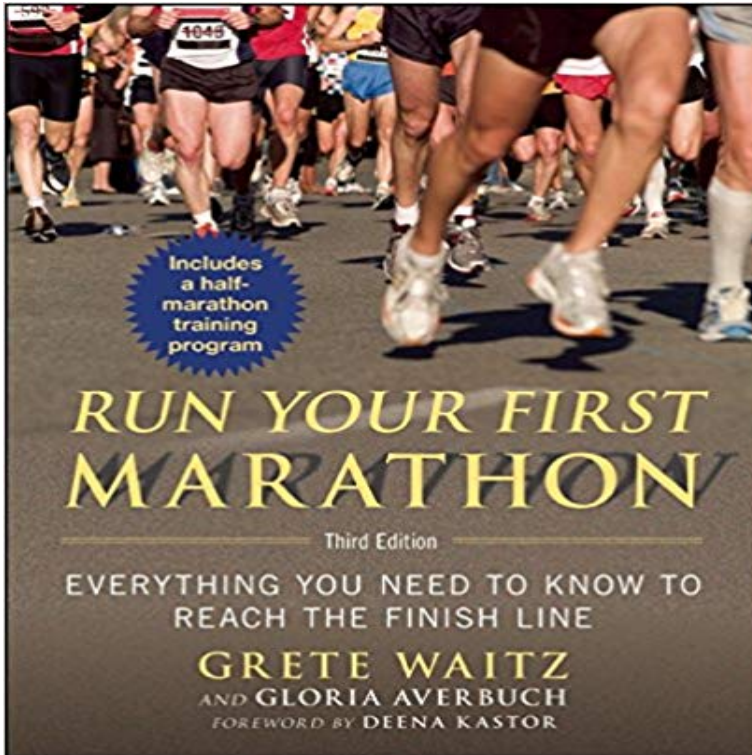


# Run Your First Marathon: Everything You Need to Know to Reach the Finish Line



Do you consider yourself too old or out of shape to run a marathon? Do you fear that you lack the conditioning, motivation, or emotional strength to finish? If so, Grete Waitz, nine-time winner of the New York City Marathon, has a program for you that has proven to help would-be racers do what they thought was impossible: complete their first marathon. In this updated and revised third edition of Run Your First Marathon, Waitz offers: A sixteen-week training program that has been proven successful time and time again Methods for physically and mentally preparing to start and finish a marathon Helpful tips regarding equipment, nutrition, and hydration Guidance to help overcome motivational and physical roadblocks And much more! With advice on 10Ks and other shorter races, Run Your First Marathon will empower runners with the courage to train, the willpower to persevere, and the tenacity to reach the finish line. Complete with sixty color photographs and information on the most current, cutting-edge trends in long-distance running, this essential reference will make your marathoning dreams come true.

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