



Improve Your Marathon and Half Marathon Running

David Chalfen

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Improve Your Marathon and Half Marathon Running is an accessible, jargon-free guide for athletes committed to improving their running at either distance. It provides valuable advice in increasing competition experience and structuring more advanced training programmes and covers; training plans and principles; evolving training programmes as a runner's experience increases; methods for cross-training in other disciplines; principles for athletes to examine the biomechanics of their running to improve performance; benefits of coaching; training case histories of successful athletes. 'David has a huge passion and knowledge of endurance running. His dynamism and expertise come across brilliantly in this extremely well written, useful and entertaining book.' Dan Robinson, four times Olympic and World Championship marathoner, and 2006 Commonwealth Games marathon medallist. Fully illustrated, this practical, guide is for all marathon and half marathon runners wanting to improve their performance.

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