



# The Runner's World Big Book of Marathon and Half-Marathon Training: Winning Strategies, Inspiring Stories, and the Ultimate Training Tools

By Jennifer Van Allen, Bart Yasso, Amby Burfoot

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The first dedicated book on marathon and half marathon training from the renowned experts at *Runner's World*.

*The 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 will include testimonials from real runners, more than 25 training plans for every level and ability, workouts, a runner's dictionary, and sample meal plans.

*The 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.

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### **Editorial Review**

#### **About the Author**

Bart Yasso is the author of *My Life on the Run* and chief running officer at *Runner's World*. He lives in Bethlehem, PA.

Amby Burfoot, *Runner's World's* editor at large and winner of the 1968 Boston Marathon, has run more than 100,000 lifetime miles (and counting). He lives in Emmaus, PA.

Jen Van Allen manages the *Runner's World* Challenge program and regularly contributes to the magazine. She lives in Bryn Mawr, PA.

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