



Essential Guide To Training For Your First Half-Marathon

Joe Donovan

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A step-by-step guide to running a half-marathon. Few experiences match the accomplishment a runner feels after finishing a half-marathon, yet not many people are able to run 13.1 miles. In this guide, Joe Donovan provides a practical and effective training schedule designed to condition you both physically and mentally for your first half-marathon. Whether you're looking to make a lifestyle change or just want to know how it feels to conquer an extraordinary goal, this book will set you on the path to becoming a successful long-distance runner.



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Heather Garcia:

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