

# Marathon: The Ultimate Training Guide: Advice, Plans, And Programs For Half And Full Marathons By Hal Higdon

**By Hal Higdon**

Marathon: The Ultimate Training Guide: Advice, Plans, and Programs for Half and Full Marathons Kindle Edition

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Books by Hal Higdon. Hal Higdon is a Contributing Editor for Runner's World and author of 36 books, including the best-selling Marathon: The Ultimate Training Guide.

11 quotes from Marathon: The Ultimate Training Guide: Advice, Plans, and Programs for Half and Full and more marathons and half-marathons. Hal Higdon

Marathon: The Ultimate Training Guide: Advice, Plans, and Programs for Half and Full Marathons by Hal Higdon My rating: 5 of 5 stars. This guide is informative and

I have to say that Hal Higdon's Marathon: The Ultimate Training Guide, I've read several books on marathon training and run two marathons and about 50 half

Hal Higdon, who is senior writer at Runner's World magazine, ran his first marathon (Boston) in 1959 and challenged himself to run six marathons on six consecutive

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5 stars. "the Joy of the Marathon" This is a fantastic guide for anyone interested in distance running. To me, as a relatively slow runner, it was simply invaluable

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Hal Higdon The Best Marathon Training Guide. Hal Higdon is known in the marathon running community as an expert in training and preparing for your first race.

Marathon by Hal Higdon: Especially in tough economic times, running offers an affordable and positive way to relieve stress and gain a sense of accomplishment.

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