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Four Months to a Four-hour Marathon

By Dave Kuehls



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Four Months to a Four-hour Marathon By Dave Kuehls

The marathon is the crown jewel of distance running. Entering is one thing. Finishing is something else. And finishing with a respectable time...? For competitive veterans or recreational beginners, 4 Months to a 4-Hour Marathon tells exactly what to eat, what to wear, what to expect, and how to train. When race day arrives, author Dave Kuehls, senior writer at Runner's World and a marathoner himself, will have any competitor in the best shape physically and mentally. 4 Months to a 4-Hour Marathon includes: * Day-by-day training schedule for 4-5 hour marathon * Detailed diet plans * The marathoner's mind-set * Right and wrong things to wear * How to pick the right shoes * Pain vs. performance--how far to go * Common pitfalls to avoid--in training and during the race



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Editorial Review

Review

"A solid training program for beginners in a breezy, reader-friendly format. His [the author's] philosophy: If talk show queen Oprah Winfrey can run a marathon, anybody can." -- *Cincinnati Inquirer*

"Makes running a marathon sound like a wonderful idea." -- *Cleveland Plain Dealer*

New York Newsday: "Bright and witty, it's based on a solid, sensible program, and chock-full of interesting tidbits -- including details on how to prepare for (and survive) your long runs, a dress code based on temperature and humidity, plus a list of the 36 fastest marathon courses in North America." -- *New York Newsday*

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Why don't make it to become your habit? Right now, try to prepare your time to do the important act, like looking for your favorite book and reading a book. Beside you can solve your long lasting problem; you can add your knowledge by the book entitled Four Months to a Four-hour Marathon. Try to face the book Four Months to a Four-hour Marathon as your good friend. It means that it can to become your friend when you sense alone and beside that course make you smarter than ever before. Yeah, it is very fortunated in your case. The book makes you far more confidence because you can know almost everything by the book. So , let me make new experience in addition to knowledge with this book.

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