



# **How to Train For and Run Your Best Marathon: Valuable Coaching From a National Class Marathoner on Getting Up For and Finishing**

*Gordon Bloch*

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## **How to Train For and Run Your Best Marathon: Valuable Coaching From a National Class Marathoner on Getting Up For and Finishing** Gordon Bloch

Outlines a marathon training program for novice and expert runners, discussing workout schedules, cross-training, nutrition, mental preparation, and such pitfalls as injuries and overtraining.

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