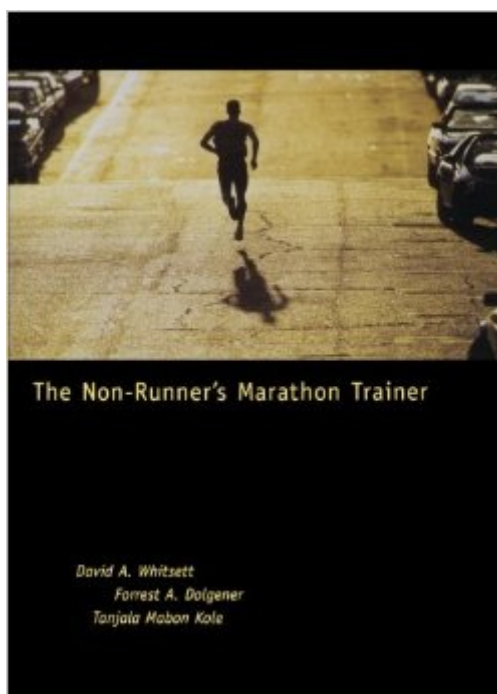


The book was found

# The Non-Runner's Marathon Trainer



## Synopsis

Athlete. Runner. Marathoner. Are these words you wouldn't exactly use to describe yourself? Do you consider yourself too old or too out of shape to run a marathon? But somewhere deep inside have you always admired the people who could reach down and come up with the mental and physical strength to complete such a daunting and rewarding accomplishment? It doesn't have to be somebody else crossing the finish line. You can be a marathoner. The Non-Runner's Marathon Trainer is based on the highly successful marathon class offered by the University of Northern Iowa, which was featured in a Runner's World article titled "Marathoning 101." The class has been offered five times over 10 years, and all but one student finished the marathon. That is approximately 200 students -- all first time marathoners and many with absolutely no running background. This book follows the same 16-week, four-day-a-week workout plan. What makes the success rate of this program so much higher than any other? The special emphasis on the psychological aspects of endurance activities. You don't have to love to run -- you don't even have to like it -- but you have to realize that you are capable of more than you have ever thought possible. One participant in the program explained it like this: "I'm doing this for me -- not for others or the time clock. I just feel better when I run, plus it helps me to cope with things in general. The skills we've learned in this class don't apply just to marathoning -- they apply to life! Just like you never know what the next step in a marathon will bring, so too, you never know what will happen next in life. But if you don't keep going, you're never going to find out. By staying relaxed, centered, and positive you handle just about anything that comes your way." This is marathon running for real people, people with jobs and families and obligations outside of running. The Non-Runner's Marathon Trainer has proven successful for men and women of all ages. Now let it work for you.

## Book Information

Paperback: 304 pages

Publisher: McGraw-Hill Education; 1 edition (January 11, 1998)

Language: English

ISBN-10: 1570281823

ISBN-13: 978-1570281822

Product Dimensions: 7 x 0.7 x 9.7 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (384 customer reviews)

Best Sellers Rank: #40,039 in Books (See Top 100 in Books) #94 inÂ Books > Health, Fitness &

## Customer Reviews

As a non runner and very limited and inconsistant excerciser, I found this book as I grandiosely thought about running the NYC 99 Marathon. The holistic approach was inspirational beyond belief. The primary theme of the book which was continually addressed in every chapter drove home the fact that "perception can become realty". The main goal was to focus every aspect of your training on your number one goal ie, to finish the marathon. When I mentioned to those who knew me that I was training for the marathon using this book, they really thought I was experiencing delusions of grandeur thinking "right you can read this book and run a marathon in 16 weeks; don't believe everything you read" After following everything in the book with only one slip up when I tried to do too much I was fully ready to run 26.2 miles. After a brief feeling of anxiety while on the bus to Staten Island, once I started running I had no doubt that I could finish. The personal statements from the students in training and the overwhelming statistics of how many of the students or "followers" finished gave the book total validity. If you follow the book in its basic beliefs, you can run and finish a marathon. These include: not over training, not setting unrealistic expectations or other agendas, not listening to others telling you you're a dreamer not a marathoner, not going on any crazy diets, and not thinking negative. Simply doing what the book says is enough. The major issue will be that you must be able and willing to make the commitment and except in extraordinary situations never put other priorities ahead of the training.

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