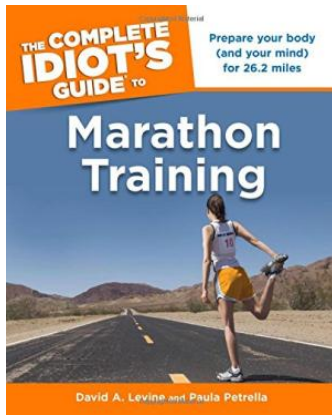


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## THE COMPLETE IDIOT'S GUIDE TO MARATHON TRAINING



Alpha Books. Paperback / softback. Book Condition: new. BRAND NEW, The Complete Idiot's Guide to Marathon Training, David A Levine, Paula Petrella, A comprehensive guide to get you ready for race day. According to the rule books, a marathon is 26.2 grueling yet exhilarating miles. Millions of people run marathons around the world. Many more millions dream of doing it. But novice or veteran runners, marathons require training and plenty of it. Certified marathon coach David Levine and dedicated marathoner...

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- Authored by David A Levine, Paula Petrella
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