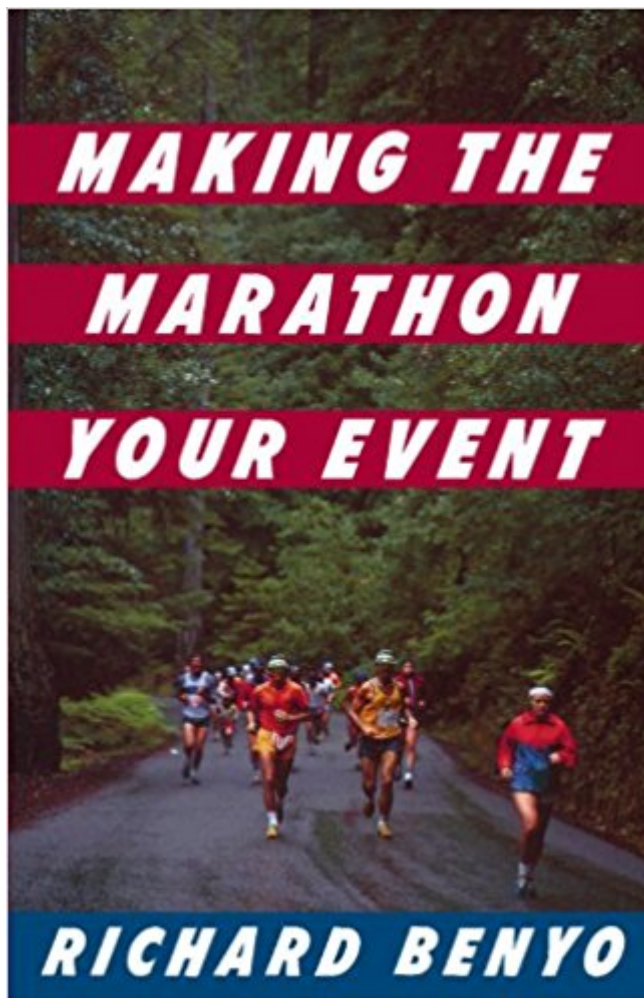


The book was found

Making The Marathon Your Event



Synopsis

In easy-to-understand language, Benyo covers preliminaries, preparation, pacing and strategy, and much more. He helps runners tailor a general program to their own particular needs, and backs his recommendations with up-to-the minute resea

Book Information

Paperback: 388 pages

Publisher: Random House; 1 edition (October 6, 1992)

Language: English

ISBN-10: 0679739300

ISBN-13: 978-0679739302

Product Dimensions: 5.5 x 1 x 8.5 inches

Shipping Weight: 12.8 ounces

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #489,296 in Books (See Top 100 in Books) #152 in Books > Sports & Outdoors > Other Team Sports > Track & Field #743 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #767 in Books > Sports & Outdoors > Coaching > Training & Conditioning

Customer Reviews

In easy-to-understand language, Benyo covers preliminaries, preparation, pacing and strategy, and much more. He helps runners tailor a general program to their own particular needs, and backs his recommendations with up-to-the minute resea

Richard Benyo is an experienced marathon runner and ultra marathon runner. His writing style is easy to follow and very helpful. He talks of the pitfalls of bad exercise habits and talks about nearly every imaginable aspect related to running a marathon. I say "nearly" only because I have yet to have a question that his book hasn't answered. I've twice went against his advice only to have his excerpts staring back at me as if to say, "See? I told you so. Next time follow what is here or you'll see, as I've written, what will happen." The book is broken down, for easy reference, into various sections from "Twenty Questions 2 Months Prior to your Marathon" to "Lessons from Great Marathon Runners" excerpts on the day before, day of, and day after, and many other chapters that deal with subject matter ranging from injuries, diet, training plan and running beyond the marathon distances. I refer to his book daily and in my training for my upcoming marathon, I feel much more

confident with the ideas he has presented here which have become a sort of mantras in my focus to accomplishing my goal of completing a marathon successfully without injury.

I was never a runner but I wanted to run a marathon so a friend recommended this book. It is an excellent "how-to" manual and I followed it word-for-word. Benyo gives advice from day one through the actual races (mile by mile) and post race recovery. I hope this book makes it back into print because it is an excellent guide to running a first marathon.

[Download to continue reading...](#)

Your First Marathon: A Beginners Guide To Marathon Training, Marathon Preparation and Completing Your First Marathon (Marathon Training, Marathon Guide) Chi Marathon: The Breakthrough Natural Running Program for a Pain-Free Half Marathon and Marathon Soap Making: 365 Days of Soap Making: 365 Soap Making Recipes for 365 Days (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, ... Making, Soap Making Supplies, Crafting) Soap Making: 365 Days of Soap Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days Event Planning: Management & Marketing For Successful Events: Become an event planning pro & create a successful event series Making the Marathon Your Event The New Rules of Marathon and Half-Marathon Nutrition: A Cutting-Edge Plan to Fuel Your Body Beyond "the Wall" Hansons Marathon Method: Run Your Fastest Marathon the Hansons Way Event Planning: Plan Events Like a Professional, Impress Your Clients and be Your Own Boss in 12 Simple Steps (event planning, experience, organise, manage, ... be your own boss, work from home Book 4) Runner's World Big Book of Marathon and Half-Marathon Training: Winning Strategies, Inspiring Stories, and the Ultimate Training Tools The Runner's World Big Book of Marathon and Half-Marathon Training: A Winning Strategies, Inspiring Stories, and the Ultimate Training Tools Run: Beyond The 5K - The Complete Training Guide To Running the 10K, Half Marathon, and Marathon Race The Ultimate Soap Making Guide: Unique Soap Making Recipes & Complete Soap Making Guide for Beginners (Soap Making at Home, Soapmaking Guide, Soap Making Recipes, Soap Making Book) The Business of Event Photography: The Nuts & Bolts for Novice Event Photographers Making Rain with Events: Engage Your Tribe, Create Raving Fans and Deliver Bottom Line Results with Event Marketing Stories Without Borders: The Berlin Wall and the Making of a Global Iconic Event Run Faster from the 5K to the Marathon: How to Be Your Own Best Coach Run Your First Marathon: Everything You Need to Know to Reach the Finish Line Buying Bespoke - Create Your Couture Collection: A Complete Client's How To Guide To Commissioning Your Red

Carpet Event Ball Gown or Dream Wedding Day Dress. Start Your Own Event Planning Business:
Your Step-By-Step Guide to Success (StartUp Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)