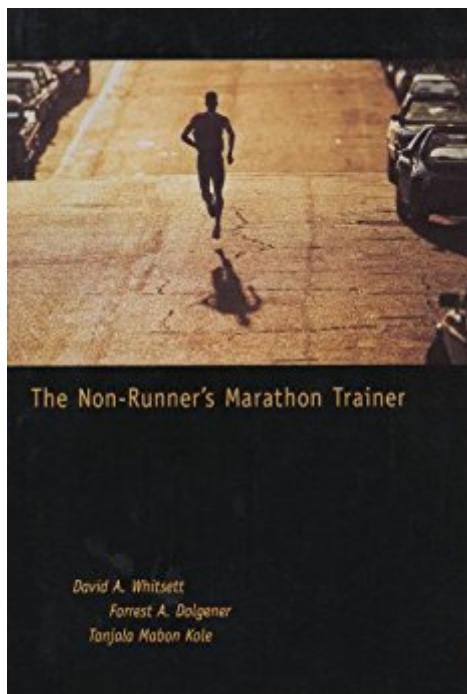


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# The Non-Runner's Marathon Trainer (NTC Sports/Fitness)



## 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

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## **Customer Reviews**

Using it for my first marathon. It is a very humane approach to accomplishing this difficult goal. I am only about half way through it at the time of this review I feel that it has worked very well thus far. The discussion on the mental part is down to earth and practical. Distance running is a mind game. You need to keep focused and keep driving your body forward. I admit I feel like I want to quite before each long run, but I somehow get my body down the road. Another good point is recovery. It is very, very important as the miles take their toll. Without doing the recovery portion I would not be anywhere right now. The younger you are the easier it is to skimp on recovery. Now that I am older I have to really pay attention. Overall I recommend this book for the first timer. Even if you are heavy take comfort in knowing that Kelly Gneiting, 40, grabbed a Guinness World Record at the Los Angeles Marathon after he plodded across the finish line drenched in rain and with a time of 9:48:52. After reading that I felt I had no excuses.

I bought this book after completing some shorter races and wondering if I could ever finish a Marathon. I was inspired after reading "Born to Run" earlier this year. This authors of this book do not let you doubt yourself from week 1. I did what I was told. Put my credit card number in the online registration form for the Pensacola Marathon thinking "what in the world am I doing?" I wanted to see if all of the reviews I read were really people just like me running marathons. I wasn't a non-runner but the longest run I ever did was around 5 miles. I stand before you today as a marathon finisher, 17 weeks later, as advertised. It was one of the proudest moments of my life and if you really WANT to, you will do it too. And you will have fun doing it. I learned so much about my

own body and what it is capable of doing. I'm still in shock two days after my big finish. I'm am a slow/average runner. It took me 5 hours and 33 minutes. I ran 98% of the distance, walking up a vicious hill at mile 18, just kept convincing myself to keep going. It is also important to note that I did not follow the books training schedule perfectly. No one is perfect and a lot of things can happen in 17 weeks. For me, around week 10, I suffered a syncopal episode along with a concussion and was not allowed to run until my head was cleared and my cardio/neuro workups were good to go, 2 WEEKS! Since I was already registered and knew no matter what, I was going to that starting line, I jumped back in and kept running. The programs longest training run to get you to the finish is 18 miles. MY longest training run was 16 and I still made through that finish line and achieved my first marathon finish. I will do it again and I will probably stick with this training plan as well. If you want to run a marathon and you aren't sure how to go about it, this is the book for you!

I started running to lose weight about 2 years before I bought this book. When I bought this book, I wasn't a very long distance runner, but I did OK. I could do 5 miles consistently in 45 minutes. That was the longest I had ever run in my life. I decided I wanted to try and challenge myself by running a marathon, and I picked up this book. I followed the training schedule just as listed, and I didn't make it. That isn't to say the book isn't very good, or that it won't work for others. It was very difficult for me to add mileage at the pace the book suggests. By the time I got to 9 miles, I was usually in a lot of pain by the end of the run. I didn't give up, kept at the schedule, and reached the point where I got to 12 miles. I took a couple weeks break from the training and did a half marathon. It was a lot of fun. The farthest I got in the schedule was the weeks with 16 mile runs. By the end of those I could barely move. I ended up stopping training because I hurt my back due to something unrelated (picking up my daughter at an awkward angle). Anyhow, I haven't given up. I'd like to think I've gotten smarter and tailored how I use the book and training schedule to suit my level of running ability. Over the course of training, you get these nagging injuries that never quite heal before your next run. The arches of my feet would get perpetually sore, I would get aches below my knees, etc. Now, every 4-5 weeks of running, I take a week off. It makes an amazing difference to let yourself heal up. My times get faster and I have a lot less discomfort. So my suggestion is if you have a specific marathon in mind you want to run, give yourself more than 16 weeks to get ready. Be willing to take breaks, because injuries do happen. Taking breaks can also keep more severe injuries from occurring. Also, I felt the book didn't really coach you well on some of the things you learn the hard way as a runner. For example, my blood sugar will occasionally drop on very long runs. I get weak and dizzy. Now I carry energy gels and wear a water belt with gatorade in it. It also only glosses

over products like friction block which you probably will end up needing during those extended runs. Its amazing how much something like the tag on your shorts can rub your skin raw on a long run. I also found a heart rate monitor to be essential to training, especially early on, because it helps you get a feel for what your pace should be.

A step-by-step realistic program to take couch potatoes to having the ability to FINISH a full marathon, in about 6 months time. Good program,also helpful tips about mental conditioning, nutrition, hydration, injury prevention... Motivational reports from prior participants. After knee surgeries, I thought my running days were over; using this, I'm up to running 15 miles/week; planning on entering the LA marathon in February!

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