

Beginner-Friendly Program to Running Your First Marathon



The BASIC Marathon Guide: A Beginner-Friendly Program To Running Your First Marathon by T. L. Payne

★★★★☆ 4.5 out of 5

Language	: English
File size	: 2111 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 92 pages
Lending	: Enabled



Are you ready to take on the ultimate running challenge?

Running a marathon is one of the most rewarding experiences you can have as a runner. It's a challenging but achievable goal that will test your limits and leave you with a sense of accomplishment that will stay with you for a lifetime.

If you're new to running or have never run a marathon before, don't worry! This beginner-friendly program will guide you every step of the way to completing your first marathon.

This program is designed for beginner runners who have a basic level of fitness and are able to run for 30 minutes without stopping.

What does the program include?

The program includes:

- A 16-week training plan that gradually increases your mileage and intensity
- Weekly running schedule
- Cross-training and strength training exercises
- Nutrition and hydration tips
- Mental and emotional support

How much time does it take?

The program takes 16 weeks to complete. Each week, you will run 3-4 days per week and cross-train or strength train 1-2 days per week.

What equipment do I need?

You will need the following equipment:

- Running shoes
- Running clothes
- Water bottle
- GPS watch or running app (optional)

How do I get started?

To get started, simply download the training plan and start following the schedule. Be sure to listen to your body and take rest days when you need

them.

If you have any questions or concerns, please feel free to contact me at

Testimonials

"I'm so glad I found this program! I was a complete beginner when I started, and now I'm confident that I can run a marathon." - Sarah J.

"This program was the perfect way to prepare for my first marathon. I felt strong and confident on race day." - David M.

"Thanks to this program, I achieved my goal of running a marathon! It was an amazing experience, and I couldn't have done it without this program." - Emily K.

Ready to get started?

Click the button below to download the training plan and start your journey to running your first marathon!

Download Training Plan



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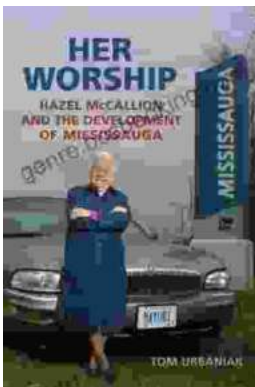
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