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Having run now for over a year I'm starting to train for my first marathon. I've had a Runners World magazine subscription since I started running, and felt that this book would be perfect for helping me focus on training for a marathon. It is called the Big book of marathon and half-marathon training, after all.

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Runner's World Big Book Of Marathon And Half Marathon

Im training for my first marathon and I had a lot of questions that I was hoping this book would answer. Although the authors offer some good advice, such as stating its ok to mix in walking bc it works different muscle groups the book largely fell short of my expectations.

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