



# The Complete Idiot's Guide to Marathon Training (Idiot's Guides)

*David Levine, Paula Petrella*

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*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 Paula Petrella know how to get anyone in shape for the race and share the entire procedure in clear, jargon free language.

? Includes dozens of instructional photos.

? Practical advice that addresses the needs of men and women of all ages.

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