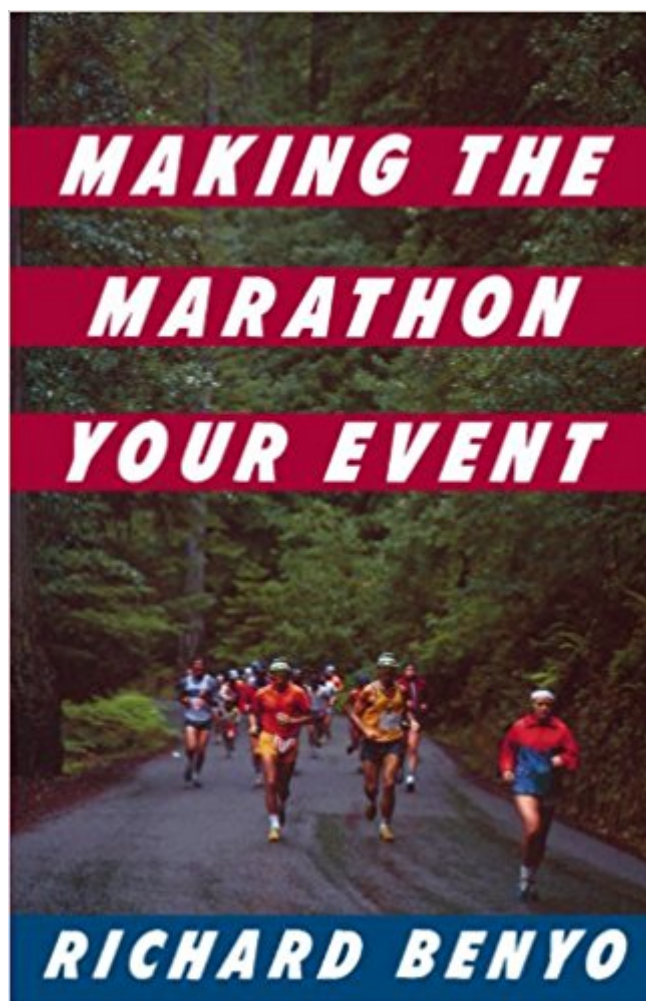


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# Making The Marathon Your Event



## 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

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## Customer Reviews

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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.

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