



Marathon Running: A Complete Guide for Beginners

Jason Saltmarsh

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If you're reading this book, chances are you're at least considering a marathon this year. That's how it begins. It's like a little voice that gets louder as the days go by until it finally screams "You can do this!" Then, after hours of contemplation and research, you hold your breath as you submit your race registration.

Registration confirmed. You'll feel a sudden wave of euphoria that is quickly eclipsed by a stomach-turning wave of self-doubt as the implications of marathon training sink in. You'll worry about the freakishly long training runs. You'll recall in great detail the marathon horror stories you've heard from other runners. And, you may feel guilty about the sacrifices your family will make to get you to the starting line. Not to worry, it's normal.

Don't let the nerves and the worries consume you. You are a runner. You laugh in the face of fear. You enjoy the long miles of torment, because you know they are making you stronger. You run while others sit still.

You are about to embark on a journey of empowerment and self-discovery that very few people experience in their lifetime. You are about to discover an even better version of YOU!

Ready? Let's do this!

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