



Marathon-Training für Dummies (German Edition)

Tere Stouffer Drenth

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Wer eine Herausforderung sucht und wem das halbe Stündchen Joggen rund um den Stadtpark schon längst nicht mehr genügt, der sollte einmal über die Teilnahme an einem Marathon nachdenken! Mit gutem Grund wird diese Distanz immer beliebter und die Teilnehmerzahlen bei den großen Läufen steigen von Jahr zu Jahr.

Dieses Buch bietet Information und Motivation zugleich: von Tipps und Tricks zu Training, Ausrüstung und Ernährung über Hilfe bei Verletzung bis hin zu Tipps für besonders schöne Marathons weltweit. Natürlich kommen auch so grundlegende Dinge wie die Lauf- und Atemtechnik nicht zu kurz. So befriedigt "Marathon-Training für Dummies" die Bedürfnisse von Anfängern, die einmal die große Herausforderung suchen und von Sportlern, die sich stetig steigern wollen.

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Frank Hegarty:

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Bruce Zimmerman:

Playing with family in the park, coming to see the sea world or hanging out with good friends is thing that usually you might have done when you have spare time, after that why you don't try factor that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Marathon-Training für Dummies (German Edition), it is possible to enjoy both. It is very good combination right, you still would like to miss it? What kind of hangout type is it? Oh can occur its mind hangout guys. What? Still don't obtain it, oh come on its referred to as reading friends.

Karen McCarthy:

This Marathon-Training für Dummies (German Edition) is great guide for you because the content and that is full of information for you who also always deal with world and still have to make decision every minute. This kind of book reveal it facts accurately using great arrange word or we can claim no rambling sentences in it. So if you are read the item hurriedly you can have whole information in it. Doesn't mean it only provides straight forward sentences but tricky core information with lovely delivering sentences. Having Marathon-Training für Dummies (German Edition) in your hand like finding the world in your arm, facts in it is not ridiculous one particular. We can say that no e-book that offer you world with ten or fifteen tiny right but this reserve already do that. So , it is good reading book. Hello Mr. and Mrs. active do you still doubt that will?

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