

Improve Your Marathon and Half Marathon Running

David Chalfen

Foreword by Bud Baldaro

Improve Your Marathon and Half Marathon Running is an accessible, jargon-free guide for athletes committing to improving their running at either distance. It provides valuable advice in increasing competition experience and structuring more advanced training programmes.

The book covers:

- Training plans and principles.
- Evolving training programmes as a runner's experience increases.
- Methods for cross-training in other disciplines.
- Principles for athletes to examine the biomechanics of their running to improve performance.
- Benefits of coaching.
- Training case histories of successful athletes.
- Practical nutritional advice to manage the distance

'David's dynamism and expertise come across brilliantly in this extremely well written, useful and entertaining book.'

Dan Robinson, four times Olympic and World Championship marathoner, and 2006 Commonwealth Games medallist.

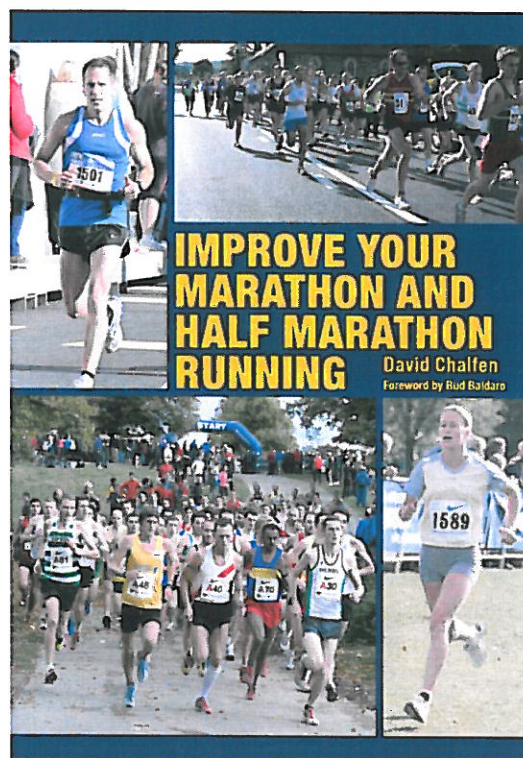
'Well planned and well written, this will add significantly to the required reading of road running'

Bud Baldaro, British world- class endurance coaching guru.

David Chalfen has been coaching endurance running for over a decade and has been running for over thirty years. He is a Level 4 Performance UKA Coach and is an Area Endurance Coach Mentor for England Athletics.

Sales Points

- A practical, jargon-free guide for marathon and half marathon runners who wish to improve their performance.
- Gives advice on training plans and advanced training programmes as a runner's experience increases.
- Covers coaching, cross-training, biomechanics and much, much more.
- Fully illustrated with 100 colour photographs.
- David Chalfen has been coaching endurance running for ten years and is an Area Endurance Coach Mentor for England Athletics.



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100 colour photographs

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