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October 15, 1999

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training is the
aerobic and
anaerobic
process. No
matter your
goals or ability
level, the
scientific fact
is that, to run,
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to break down
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London marathon**

- Runner's World

Training for a
marathon is a
big commitment,
but it doesn't
have to be
stressful if you
have a good plan
and the right
resources. In
this chapter,
we'll go through

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some preliminary steps to choosing a marathon, setting your goals, and getting the right gear to carry you through your training and to the finish line.

How to Choose a Marathon

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children's book
that was made
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**How to Train for
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How To Train for

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Guarantee
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the build up to
the marathon, or
half marathon

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increases along
with the length
of the long run.

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longtime
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contributor Hal Higdon's classic guide to taking the guesswork out of preparing for a marathon, whether it's a reader's first or fiftieth.

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Author of
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the marathon,
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