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in the first week of training is a relatively easy 6-miler. Each weekend, the long run gets longer, peaking at 20 miles three weeks before the marathon. A tapering period allows runners to gather energy for the race.

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running. A senior writer for Runner's World magazine, he also writes the "Ask the Expert" column on the magazine's Web site. He is the author of 31 books, including Hal Higdon's Smart Running and Hal Higdon's How to Train. He is a competitive masters

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has changed in the
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***grown immensely,
and guidelines for
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Training Guide" to use as a reference. I was disappointed. There are wise tips buried among all the stories, but without the details I was hoping for. There is a whole chapter on the funny things non-runners say.

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