



# Marathon Running: An Arm Chair Guide Full of 100 Tips to Running a Marathon

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# Marathon Running: An Arm Chair Guide Full of 100 Tips to Running a Marathon

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**Marathon Running: An Arm Chair Guide Full of 100 Tips to Running a Marathon** Arm Chair Guides  
*So you want to run your first marathon?*

This book is your practical guide on how to have your body and mind set on running those 26.2 miles. It offers you 100 simple tips to help you take that first step in preparing for the big race.

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*Arm Chair Guides* breaks everything down into easily understandable pointers. What to do months and weeks before the marathon? What to do on the race day itself? How do you keep motivated? Avoid mistakes and minimize risks by following these suggestions. From the right gears to the right attitude, this book will be your guide to checking off that one thing on your list.

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