

## Marathonning For Mortals A Regular Persons Guide To The Joy Of Running Or Walking Half Marathon John Bingham

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The Marathonning for Mortals Training Program Each program schedule week starts on Monday and ends on Sunday Each workout falls on a specific day of the week Each sequential session encourages your body to respond to the rhythm of progressively harder work, recovery and adaptation

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Marathonning For Mortals is a step-by-step (sorry, no pun intended) guide for runners who are ready to attempt their first marathon or half-marathon. Recommended for: Weekend warriors and those attempting their first marathon.