

Download Marathon The Ultimate Training Guide

Hal Higdon

Author of several books on the marathon, including the best-selling *Marathon: The Ultimate Training Guide*, Hal Higdon guides first-timers and experienced racers alike to achieve their 26.2 goals. Training Apps. Hit your stride at the right time. Hear Hal Higdon walk you through your daily workouts with our marathon and half-marathon training apps, available today on iOS and Android. This comparison covers many of the most popular marathon training plans, and has a short description of the plan, a list of the key attributes and a high level summary of each level of the plan. When you are severely overweight, usually by at least 100 pounds, you are considered to be morbidly obese. If you are morbidly obese, you are at a higher risk for heart problems, high blood pressure, diabetes and cancer. You may also have a more difficult time being active. If you would like to run ...