



# Marathon-Training für Dummies (German Edition)

*Tere Stouffer Drenth*

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Wer eine Herausforderung sucht und wem das halbe Stündchen Joggen rund um den Stadtpark schon längst nicht mehr genügt, der sollte einmal über die Teilnahme an einem Marathon nachdenken! Mit gutem Grund wird diese Distanz immer beliebter und die Teilnehmerzahlen bei den großen Läufen steigen von Jahr zu Jahr.

Dieses Buch bietet Information und Motivation zugleich: von Tipps und Tricks zu Training, Ausrüstung und Ernährung über Hilfe bei Verletzung bis hin zu Tipps für besonders schöne Marathons weltweit. Natürlich kommen auch so grundlegende Dinge wie die Lauf- und Atemtechnik nicht zu kurz. So befriedigt "Marathon-Training für Dummies" die Bedürfnisse von Anfängern, die einmal die große Herausforderung suchen und von Sportlern, die sich stetig steigern wollen.

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