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# SMART MARATHON TRAINING: RUN YOUR BEST WITHOUT RUNNING YOURSELF RAGGED

VeloPress. Paperback. Book Condition: new. BRAND NEW, Smart Marathon Training: Run Your Best without Running Yourself Ragged, Jeff Horowitz, Through a sensible, minimalist approach, "Smart Marathon Training" puts runners at the start line of a marathon or half-marathon feeling strong, healthy and prepared for their best race. Other marathon training plans ask runners to crank out 70-100 miles a week. It's no wonder they're running ragged by race day. With "Smart Marathon Training", you'll train smarter, running half the mileage...

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- Authored by Jeff Horowitz
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