

# *the* NONRUNNER'S MARATHON GUIDE FOR WOMEN

**Get Off  
Your Butt  
and On  
With Your  
Training**

With 16 Beginner Chapters  
on Technology

DAWN DAIS



# Non Runners Marathon Guide For

**Dawn Dais**

## **Non Runners Marathon Guide For:**

*The Non-Runner's Marathon Trainer* David A. Whitsett,Forrest A. Dolgener,Tanjala Jo Kole,1998-02-01 Athlete Runner Marathoner Are these words you wouldn t exactly use to describe yourself Do you consider yourself too old or too out of shape to run a marathon But somewhere deep inside have you always admired the people who could reach down and come up with the mental and physical strength to complete such a daunting and rewarding accomplishment It doesn t have to be somebody else crossing the finish line You can be a marathoner The Non Runner s Marathon Trainer is based on the highly successful marathon class offered by the University of Northern Iowa which was featured in a Runner s World article titled Marathoning 101 The class has been offered five times over 10 years and all but one student finished the marathon That is approximately 200 students all first time marathoners and many with absolutely no running background This book follows the same 16 week four day a week workout plan What makes the success rate of this program so much higher than any other The special emphasis on the psychological aspects of endurance activities You don t have to love to run you don t even have to like it but you have to realize that you are capable of more than you have ever thought possible One participant in the program explained it like this I m doing this for me not for others or the time clock I just feel better when I run plus it helps me to cope with things in general The skills we ve learned in this class don t apply just to marathoning they apply to life Just like you never know what the next step in a marathon will bring so too you never know what will happen next in life But if you don t keep going you re never going to find out By staying relaxed centered and positive you handle just about anything that comes your way This is marathon running for real people people with jobs and families and obligations outside of running The Non Runner s Marathon Trainer has proven successful for men and women of all ages Now let it work for you

**The Nonrunner's Marathon Guide for Women** Dawn Dais,2013-08-13 Anyone can run a marathon Dawn Dais makes it a little more bearable and a lot more fun Dawn Dais hated running And it didn t like her much either Her fitness routine consisted of avoiding the stairs in her own house because who really has the energy to climb stairs It was with this exercise philosophy firmly in place that she set off to complete a marathon The Nonrunner s Marathon Guide for Women is the ideal training manual for women who don t believe that running is their biological destiny but who dream of crossing the finish line nonetheless Nonrunners offers a realistic training schedule and is chock full of how to s and funny observations which she felt were lacking in the guides she had consulted She also integrates entries from her journal sharing everything would be marathoners need to know about the gear the blisters the early morning workouts the late night carb binges and most important of all the amazing rewards Running may not seem like a friendly endeavor but with Dawn Dais you can tame the beast and hit the marathon trail    **The Art of Running Your First Marathon** Rebecca Joseph,2013-07    *The Non-Runner's Marathon Trainer* David Whitsett,Forrest Dolgener,Tanjala Kole,1998-01-11 Athlete Runner Marathoner Are these words you wouldn t exactly use to describe yourself Do you consider yourself too old or too out of shape to run a

marathon But somewhere deep inside have you always admired the people who could reach down and come up with the mental and physical strength to complete such a daunting and rewarding accomplishment It doesn t have to be somebody else crossing the finish line You can be a marathoner The Non Runner s Marathon Trainer is based on the highly successful marathon class offered by the University of Northern Iowa which was featured in a Runner s World article titled Marathoning 101 The class has been offered five times over 10 years and all but one student finished the marathon That is approximately 200 students all first time marathoners and many with absolutely no running background This book follows the same 16 week four day a week workout plan What makes the success rate of this program so much higher than any other The special emphasis on the psychological aspects of endurance activities You don t have to love to run you don t even have to like it but you have to realize that you are capable of more than you have ever thought possible One participant in the program explained it like this I m doing this for me not for others or the time clock I just feel better when I run plus it helps me to cope with things in general The skills we ve learned in this class don t apply just to marathoners they apply to life Just like you never know what the next step in a marathon will bring so too you never know what will happen next in life But if you don t keep going you re never going to find out By staying relaxed centered and positive you handle just about anything that comes your way This is marathon running for real people people with jobs and families and obligations outside of running The Non Runner s Marathon Trainer has proven successful for men and women of all ages Now let it work for you

**Marathon Training for Walkers and Beginners** Fi Hanafiah,2014-01-22 Are you ready for a lifetime of fitness and fun Find out how you can join the many walking enthusiasts who ve discovered the immense benefits of a marathon lifestyle Walking is low impact suitable for all ages and allows anyone to complete a marathon without injuries Being a marathoner will not only be great for your lifelong physical health it will also boost your mental and emotional wellbeing This book started with the author Fi Hanafiah asking himself a simple question How can I lose weight and keep fit when I hate exercise A few years later having walked more than a dozen marathons Fi believes he s found the answer Crammed with practical tips this book will help couch potatoes become marathoners in gradual and systematic way that is designed to avoid injuries Not only that the book will also provide tools and training plans to ensure you can maintain your fitness throughout your life

The Ultimate Guide to Marathons Dennis Craythorn,Rich Hanna,1998-05 From tiny backwoods races to gigantic urban events this guide details the top 120 marathons in the United States and Canada Also included is information on the course event history race related activities accommodations and contacts 50 photos 40 in color **Just Run Sam** Humphries,2022-04-05 Everything You Need to Know About Transforming a Beginner into a Marathoner and Beyond Dreaming of finally becoming a runner and even finishing your first marathon keeping you up at night Let me take you by the hand and take you to your first marathon even if you re a complete beginner Mentally Emotionally and Physically tougher and stronger These are the benefits you will get from this book Your health will improve Your speed and endurance will get

upgraded If you want to take the plunge and find out if there is a systematic and predictable way to improve your running skills or if you can even accomplish your dreams of running a marathon someday There is some great news for ya I m going to give you the guidance and teach you the things you need to achieve your running ambitions I promise you you will get there Just learn the fundamentals train regularly stay on the path and slowly but surely you will achieve it Let this book serve as the blueprint and guidance to reaching the finish line Here s what you ll learn in the book What does it take to run a marathon Timeframe Beginner level The intermediate level The advanced level Mental preparation Set goals 10k goal 20k goal 30k goal More than 30K Running solo Running with another person Play with the running gadgets Train Smart Proper form and breathing techniques Which part of your foot should hit the ground Proper breathing Training times Morning schedule Mid morning schedule Lunch time schedule Evening schedule Different training styles Slow pace training Tempo Runs Tempo Runs at a Consistent Pace Tempo Repetitions Interval Training Hill training Cross training Cycling Water training Pilates Yoga Practical weight training Tips to help you with weight training Sprinting Strides Stretching Low back stretching Calves stretching Hip stretching Strength Training The crunch Back Extensions The Superman Side plank Training gear A clean bill of health Proper nutrition There are foods that your body can use to help itself Rate the plate on a scale of 1 to 10 Assessing your eating habits There is balance Power foods to eat regularly Here are a few ways to spruce up your vegetables Calcium rich foods Healthy fats over unhealthy fats Warm ups Stretching Cooldowns Marathon training blueprint Marathon race strategies The night before D Day morning Start of the race and much more Read this book today

*The Ultimate Guide to International Marathons* Dennis Craythorn,Rich Hanna,1998 From the United States Europe Asia and beyond The Ultimate Guide to International Marathons contains everything you need to plan and run the marathon of your life **Runner's World** ,2008 **Guide to Distance Running** Bob Anderson,Joe Henderson,1972 **Everything Running** Art Liberman,2002-04-01 A guide to running that explains how to get started on a running program and provides information on proper nutrition choosing the right equipment stretching cross training regulating water intake and other related topics **New Guide to Distance Running** Runner's World,1983 **New Guide to Distance Running** ,1979

*Everyone's Guide to Distance Running* Norrie Williamson,2003 This is a reference manual for distance runners The author guides the runner every step of the way with practical advice and motivation He supplies tips and information on every aspect of the sport including training planning racing nutrition injuries clothing and equipment **Galloway's Book on Running** Jeff Galloway,1984 An approach to running describing how to prepare for races and to avoid stress related injuries and to help the runner get started comfortably and with confidence **Sportsguide, for Individual Sports** ,1980

**Rodale's Runner's World** ,1986 *The Writer's Market* ERS.,2001 Describes thousands of markets for writers covering magazines publishers syndicates and contests with information on submission requirements pay scale and freelance work and listings of editors and agents **Business Week** ,2005 *Wright and Ditson's Lawn Tennis Guide* ,1910

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