



Injury-Avoidance Habits for First-Time Marathoners and Half-Marathoners

Dr. Kirk Mahoney

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From the Foreword by John Loftus, Ultra-marathoner and Safety Consultant: Why would someone write a running / walking book about SAFETY – managing the unforeseen, the training route, weather, gear, and personal security, about INJURY AVOIDANCE – minimizing hurt and pain to our body and mind and CREATING GOOD HABITS so that we do “the right thing” unconsciously? The reality is, whether at work, at home, or pursuing our leisure passions, such as running and walking, we want to be happy and successful as we journey towards and achieve our goals, and this includes being incident- and injury-free. Just get out there, and do it! It’s natural. That’s what I was told years ago when I first started to run and walk faster and further than I had ever done before. It started with just one mile (1.6K), and today my real passion is endurance-walking races (62 miles / 100K), and, when I’m not racing, I’m training and cross-training. I suffered more pain, injury, and mental anguish working my way from 1 mile to a half-marathon and marathons than I have over this past 10 years of doing ultra-marathons. Why? Knowledge, or a lack there of.

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From reader reviews:

Lisa Martin:

The book Injury-Avoidance Habits for First-Time Marathoners and Half-Marathoners can give more knowledge and information about everything you want. Exactly why must we leave a very important thing like a book Injury-Avoidance Habits for First-Time Marathoners and Half-Marathoners? Wide variety you have a different opinion about e-book. But one aim that book can give many information for us. It is absolutely right. Right now, try to closer with the book. Knowledge or information that you take for that, you could give for each other; it is possible to share all of these. Book Injury-Avoidance Habits for First-Time Marathoners and Half-Marathoners has simple shape nevertheless, you know: it has great and massive function for you. You can appearance the enormous world by available and read a publication. So it is very wonderful.

Madelyn McDowell:

Nowadays reading books be than want or need but also become a life style. This reading behavior give you lot of advantages. The benefits you got of course the knowledge your information inside the book this improve your knowledge and information. The details you get based on what kind of reserve you read, if you want send more knowledge just go with schooling books but if you want feel happy read one having theme for entertaining for instance comic or novel. The particular Injury-Avoidance Habits for First-Time Marathoners and Half-Marathoners is kind of guide which is giving the reader unstable experience.

Patsy Cassella:

Spent a free a chance to be fun activity to do! A lot of people spent their sparetime with their family, or their particular friends. Usually they carrying out activity like watching television, going to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Could possibly be reading a book could be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to test look for book, may be the guide untitled Injury-Avoidance Habits for First-Time Marathoners and Half-Marathoners can be very good book to read. May be it might be best activity to you.

Ronald Malone:

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