



Four Months to a Four-hour Marathon

Dave Kuehls

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The marathon is the crown jewel of distance running. Entering is one thing. Finishing is something else. And finishing with a respectable time...? For competitive veterans or recreational beginners, 4 Months to a 4-Hour Marathon tells exactly what to eat, what to wear, what to expect, and how to train. When race day arrives, author Dave Kuehls, senior writer at Runner's World and a marathoner himself, will have any competitor in the best shape physically and mentally. 4 Months to a 4-Hour Marathon includes: * Day-by-day training schedule for 4-5 hour marathon * Detailed diet plans * The marathoner's mind-set * Right and wrong things to wear * How to pick the right shoes * Pain vs. performance--how far to go * Common pitfalls to avoid--in training and during the race

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