

Essential Guide to Training for Your First Marathon or Half-Marathon

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You *can* run a marathon.

I GUARANTEE it !

I want to tell you a story...

It was 1998, I was overweight, out of shape and had a job that took up almost all of my time.

I also didn't own a single pair of running shorts and hadn't owned a pair of running shoes for more than a decade. I also didn't know the first thing about running, training or how to get ready for a marathon.

But less than one year later, everything was different. I had lost more than thirty pounds, had more energy than I knew was possible, actually looked forward to working out every day and felt like a kid again.

Best of all...



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