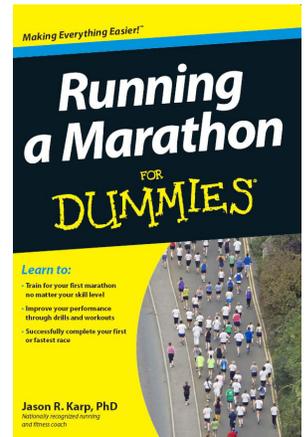


# Customer Reviews

## *Running a Marathon For Dummies*

“The book has a good balance between the technical (a chapter on “Understanding the Physiology of Running a Marathon”), the practical (stretches, training programs, running gear, avoiding common injuries), and the inspirational (“the race of a lifetime”). And the ratio I liked: mostly practical, a little technical, and just slightly inspirational. There are sections geared to Beginning runners, Intermediate Runners, and Advanced runners. There are drills, plans, and lots of advice. The author is an experienced running & fitness coach and easy to read. If you're considering your first marathon, it will definitely help you.”

- Peter, Halifax, MA



“Many marathon training books exist - so why choose this one over the next? For one, training for a marathon is both an art and a science. If a book is too technical or complex, it drowns its audience in the science of running and extensive planning stages. If it's too simplistic or one-dimensional, then it underestimates its audience and sets them up for failure (or injury). Coach Karp does a brilliant job balancing the specifics of running physiology with the real-world programmatic application of marathon training. He translates his experiences, industry knowledge and genuine enthusiasm for marathons into an easy-to-read resource for all runners - beginning to advance. After reading it, you're not only empowered to train for a marathon, but are immediately equipped with the know-how to train effectively.”

- Biray Alsac

“This gem of a book has a wealth of information on running a marathon. All you'll need is motivation, which it really can't give you. But, it can improve your understanding and aid in getting to to the starting line without injuries and give you the tools to finish as long as you follow a realistic training plan. There is a plan for first timers and for those who want to improve their time. There is no fluffy flattery or false hopes in the author's words just facts and encouragement. I'm happy to have read this book to better understand long distance running and will surely refer to it often as I train for my first marathon!”

- Sarah Vigil Swiger

“Jason Karp captures my attention with sound knowledge and reliable research. If you love running then this book is for you. I attended one of Dr Karp's workshops last year and was really impressed with his knowledge, experience, and passion. He truly knows his stuff, and breaks it down in this easy to read book for marathoners. There's a lot of running books out there on telling what you should do, but if you want to know the reason why you should do it, look no further. As a certified personal trainer I strongly recommend this book!”

- Michael K.

To order a signed copy of *Running a Marathon For Dummies*, go to [run-fit.com/books](http://run-fit.com/books).