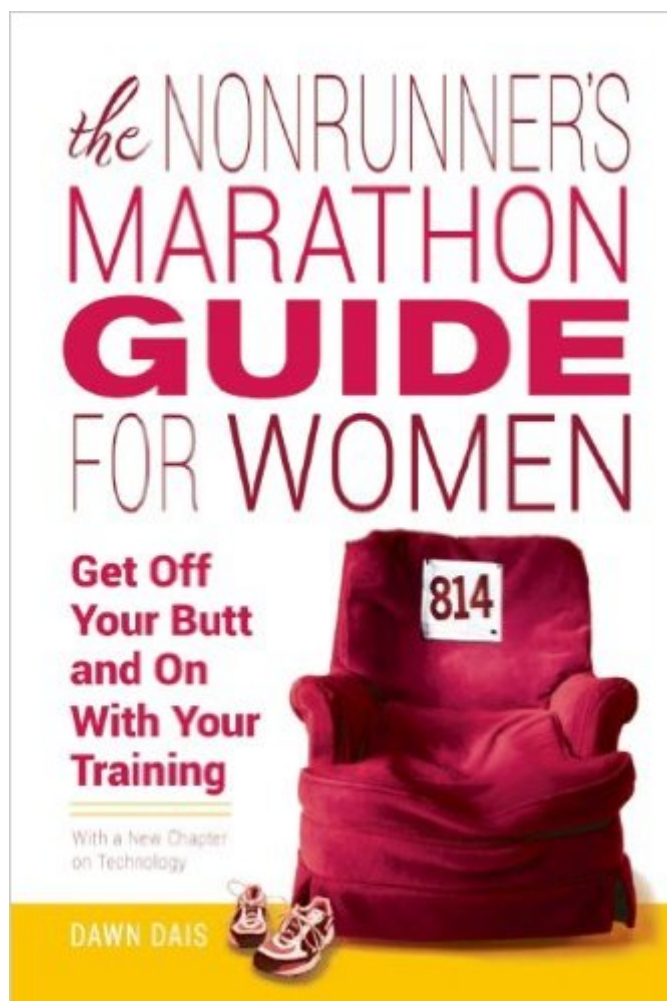


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# The Nonrunner's Marathon Guide For Women: Get Off Your Butt And On With Your Training



## Synopsis

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 a fun training manual for women who don't believe that running is their biological destiny but who dream of crossing the finish line nonetheless. Revised in 2013, it now includes a new chapter on using technology as a training aid. Dais's book features a realistic training schedule and is chock-full of how-to's, quizzes, 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. Anyone can do a marathon. This book just makes the experience a little more bearable and a lot more fun.

## Book Information

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## Customer Reviews

I loved Dawn's tone and writing style, and this is a very inspirational book and I recommend it to all women interested in running a marathon get it, but with one reservation - I have issues with the training schedule included in her book. I'm truly concerned that she advises that a complete novice who doesn't even own running shoes could attempt a run a marathon with only four month's training. This is a recipe for potentially serious injury. And she provides an example of this herself --

she develops major knee pain, including at the beginning of her marathon before she even began running. Her actual marathon experience is one of someone who trained too quickly; at mile 13, she began to experience severe pain and had real trouble finishing among the "walking dead" at the back of the pack. I trained to run a marathon in 2002 and I had four months to train, but I was jogging regularly and had been a long distance cyclist for several years. But I injured my back and tendons in my legs on my schedule. A doctor told me that this because my training was too consolidated. I highly recommend this book if you're considering running a marathon, but if you are indeed a novice do three things before attempting to train: 1) Follow her advice to have a thorough medical checkup, although I will add that it's ultra helpful to find a doctor who is familiar with sports medicine 2) get a real-life coach/experienced marathoner to talk to before you begin and ideally to supervise your training; you can talk to people at running speciality stores to find a good person and 3) check out a number of other marathon training schedules, such as Hal Higdon's novice schedule (which is a 7 1/2 month program) and another by coolrunning.

This book is geared for people who have never run before or have been only running for a few months prior to undertaking the daunting task of running a marathon. What I liked about this book is that it does not provide so much information that it confuses someone new to the sport. I had never heard of GU, Bodyglide, Fuel Belts, etc and this book introduced me to it and was not at all intimidating like some of the other marathon training books I have read. You are not going to find chapters dealing with terms like fartleks, interval training, tempo runs, etc. The purpose is not to be fast but to finish, and Dawn does a great job presenting the material in a funny no nonsense manner. Dawn credits Jeff Galloway's walk/run program which she uses, however, she does modify it to include more running than his program calls for. Obviously that was a mistake on her part, as she was in excruciating pain for much of her training and marathon. But I do thank her for introducing me to Galloway's program and I highly recommend to anyone interested in finishing a marathon with their knees intact, to buy one of Galloway's books. They won't leave you laughing, but they won't leave you crying in pain either. Bottom line: Even though I enjoyed reading this book, I think there are a lot better beginner marathon books out there for people wanting more that just laugh their way through a book. And I think it is important to know that Ms. Dais would never have made it through any marathon other than the Honolulu Marathon in Hawaii, because that is the only marathon that does not have a cut off time. Most marathons impose a 6-7 hour time limit for all finishers. I thought it was strange that Dawn does not mention how long it took her to finish her marathon so I looked it up on the internet.

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