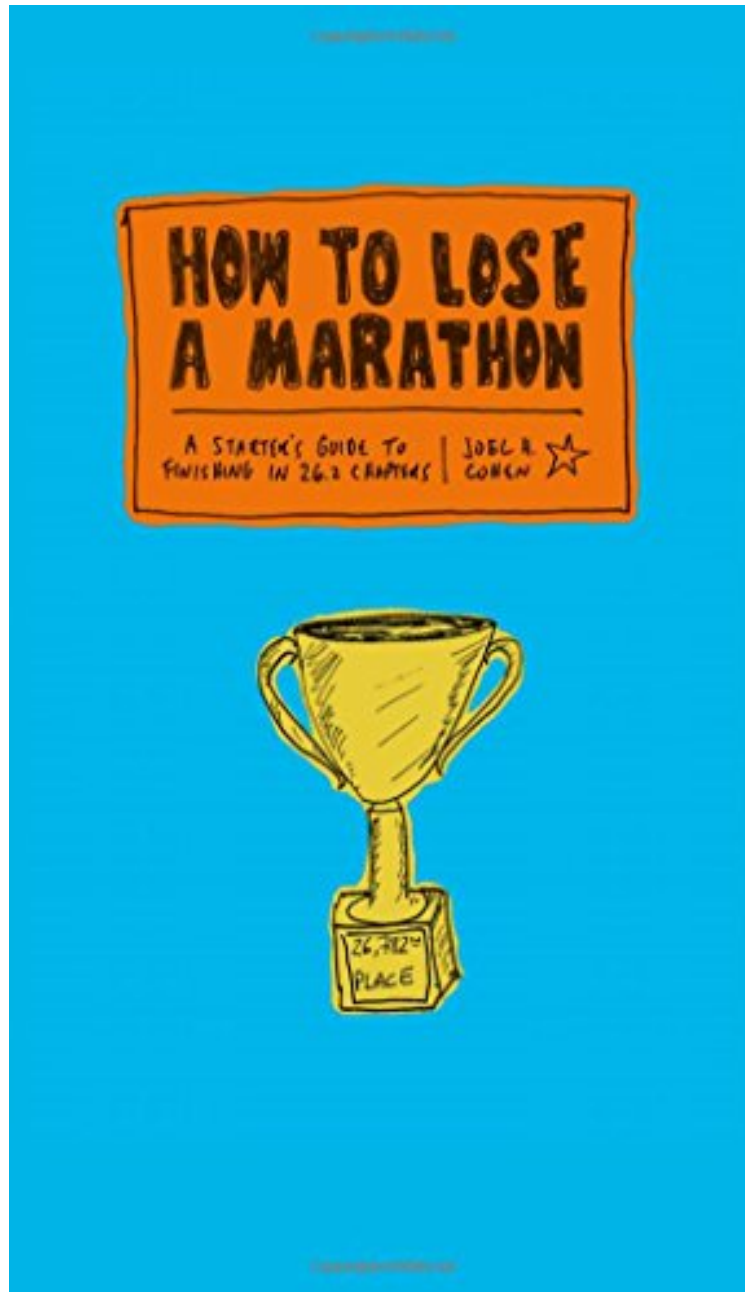


(Mobile book) How to Lose a Marathon: A starter's Guide to finishing in 26.2 chapters

How to Lose a Marathon: A starter's Guide to finishing in 26.2 chapters

Joel Cohen

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#149157 in Books Cohen Joel 2017-04-04 2017-04-04 Original language: English 8.50 x .63 x 5.50, .0 #File Name: 1419724916176 pages How to Lose a Marathon A Starter s Guide to Finishing in 26 2 Chapters | File size: 21.Mb

Joel Cohen : How to Lose a Marathon: A starter's Guide to finishing in 26.2 chapters before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Lose a Marathon: A starter's Guide to finishing in 26.2 chapters:

4 of 4 people found the following review helpful. I felt joy upon finishing this book! Wait a minute...By Holly LaymanCohen writes about training for and finishing his first marathon with wit and self-depricating humor. Underneath it all is a true appreciation for running and those who dare to run - especially those who have never run before. The title of my review is a nod to Cohen's humor but also to the sense of pure joy - spoiler alert! - he experiences upon finishing the NYC marathon. Runners and non-runners alike will enjoy this entertaining read and be inspired.0 of 0 people found the following review helpful. Luckily the explosion of self publishing and the internet have ended that problem - but this was still a great read. I really enjoyed his humorous take on ...By TravellingCariA writer for the Simpsons meets the New York City marathon.As a non-athlete, Joel Cohen decided to run and went from barely running a mile to completing the NYC marathon in approximately 26,000th place. His goal in writing this book was to write the book that he wished existed as he was training -- a training guide for non elites. Luckily the explosion of self publishing and the internet have ended that problem - but this was still a great read.I really enjoyed his humorous take on the training process, it was new light on fairly standard information. I also appreciated his honesty: sometimes decisions such as choosing which charity to run for depending on the fundraising commitment are just that. There doesn't need to be any sugar coating to it.Also appreciated his process of choosing a pace as he learned his abilities and discarded various as being too fast or too slow. Figuring out pace really is one of the hardest things. I disagreed with him on shirts though, love my race shirts.I swear I'm the only running reader who didn't care for either Born to Run by Christopher McDougall or Murakami's What I Think About... I think I like my running reads on the lighter side.1 of 1 people found the following review helpful. Awesome book! Any runner should read this one.By Myron TI started running about a year ago and have just completed my first half marathon. I am interested in participating in the New York Marathon at the end of next year if I can get a lottery slot to participate. I am sure I will finish several thousand places and more than an hour back from the winners but I will love it just the same. This book nicely encompasses what it means to run but never expect to win and is written by one of the Simpsons writers. I love his take on why people run and it is not to win races. I have recommended this book to several of my friends.

A writer and producer for The Simpsons presents a humorous, illustrated guide for any and every wannabe marathoner. Original. 30,000 first printing.

“You’ll love the bits about me. I did. Anything not about me, read at your own risk.”