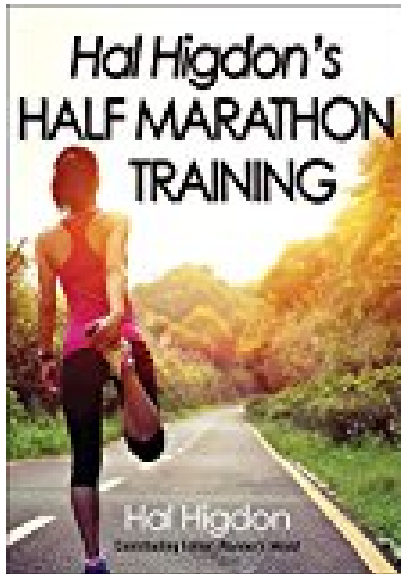


# Hal Higdon's Half Marathon Training

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## BOOK DETAILS

- Author : Hal Higdon
- Pages : 208 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 1492517240

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## BOOK SYNOPSIS

Hal Higdon's Half Marathon Training offers prescriptive programming for all levels of runners. Not only will it help you learn how to get started with your training, but it will show you where to focus your attention, when to progress, and how to keep it simple.

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