

Winged Messenger: Running Your First Comrades Marathon



The Comrades Marathon is one of the most challenging and prestigious ultramarathons in the world. It is a 90-kilometer (56-mile) race that takes place in South Africa every year. The race is open to runners of all ages and abilities, but it is especially popular among elite runners. If you are thinking about running your first Comrades Marathon, this book is for you.

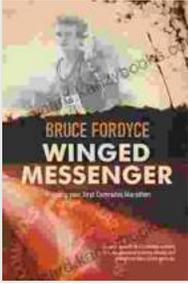
Winged Messenger: Running your first Comrades

Marathon by Bruce Fordyce

★★★★☆ 4.3 out of 5

Language : English

File size : 5750 KB



Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 181 pages
Lending	: Enabled



This book will guide you through everything you need to know to run your first Comrades Marathon. From training tips to race day strategies, this book has it all. You will learn how to:

- Choose the right training plan
- Train effectively and avoid injury
- Fuel and hydrate properly
- Taper your training before the race
- Race day strategies
- Recover from the race

This book is written by an experienced Comrades Marathon runner who has completed the race multiple times. He knows what it takes to run a successful Comrades Marathon, and he is sharing his knowledge with you in this book.

If you are ready to take on the challenge of running your first Comrades Marathon, this book is for you. Free Download your copy today and start training!

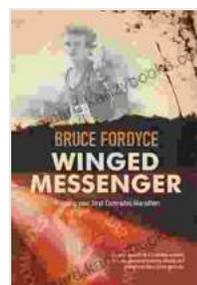
About the Author

The author of this book is a seasoned Comrades Marathon runner who has completed the race multiple times. He is a passionate advocate for running and has helped many people achieve their running goals. He is also a certified running coach and has written several other books on running.

Reviews

"This book is a must-read for anyone who is thinking about running their first Comrades Marathon. It is full of practical advice and tips that will help you succeed on race day." - **Runner's World**

"This book is a great resource for anyone who wants to learn more about the Comrades Marathon. It is well-written and easy to follow, and it covers everything you need to know to run your first race." - **UltraRunning Magazine**



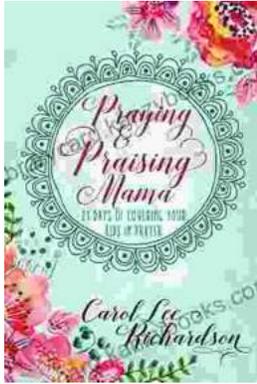
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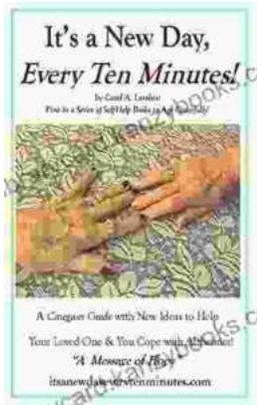
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