

CGH #016: Marathon Training | Allan Besselink

Written by Allan Besselink

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<p> Join me on BlogTalkRadio on Tuesday September 1, 2009 at 8:00 pm central time for the latest episode of "Consumer's Guide To Health". For those considering a spring marathon, it's time to start marathon training. This episode will address the issues of marathon training - what is necessary to be successful, and what you can do to not only improve your performance but stay injury-free in the process. ♦ </p> <p> ♦ </p> <p align="justify"> This episode's special guest will be Marshall Burt, Austin running coach. Marshall has some perspectives on distance running that will challenge the commonly-held beliefs of the running community. More information on Marshall and his Elite Training Group Track Club can be found at http://www.theetgtrackclub.com. </p> <p>♦</p><p>The BlogTalkRadio call-in number is 646-929-1567. You can listen online at http://www.blogtalkradio.com/abesselink and also download this and previous episodes here as well. </p> <p> ♦ </p> <p> I look forward to having you join us! </p>