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Former couch potato John Bingham has joined forces with coach Jenny Hadfield to create a winning plan that works for every mortal--even you. In Marathoning for Mortals, you'll find the courage to train, the willpower to persevere, and the tenacity to finish one mile after another. John and Jenny stick with you every step of the way, from your first insecure thoughts to your last-minute jitters to your supreme joy at the finish line.

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Marathoning For Mortals is a step-by-step (sorry, no pun intended) guide for runners who are ready to attempt their first marathon or half-marathon. Recommended for: Weekend warriors and those attempting their first marathon.

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