



MacRitchie Runners 25 (Singapore)

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Run for Your Life (the complete marathon guide)

by [Dr Ben Tan](#)

Publisher Marshall Cavendish Editions, ISBN : 978-981-261-781-1



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Looking for a Christmas present? Then a new book by our very own MR25 member, Dr Ben Tan may just be your answer. [Run for Your Life! \(the complete marathon guide\)](#) is a comprehensive guide to everything you need to know about marathon running.

Ben covers all aspects of running, from training, improving your running form, to race strategies and staying injury free and much more. He explains how your body works and adapts and benefits from different types of training with easy to understand but detailed explanations and lots of diagrams and photographs.

Throughout the book there are interesting running anecdotes from various leading runners and even a guide to local and overseas marathons written by local runners who have taken part in them.

This book has lots to offer both new and seasoned runners. A great gift or maybe just a treat for yourself. The book can be bought at all local leading bookshops.

November 27th, 2009 | Category: Review

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