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The 8-Week Beginner's Program | Runner's World -

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<http://www.runningforbeginners.com/>

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Marathon Training Guide - Novice 1. HERE IS MY NOVICE 1 PROGRAM, the most popular of all my marathon training programs and, arguably, the most popular training

<http://www.halhigdon.com/training/51137/Marathon-Novice-1-Training-Program>

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Beginner Marathon Program - Cool Running -

Sep 07, 1997 Tweet. Beginner Marathon Program A training schedule for beginning runners who want to start racing the marathon distance.

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