



# Runner's World Guide to Road Racing: Run Your First (or Fastest) 5-K, 10-K, Half-Marathon, or Marathon

*Katie McDonald Neitz*

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*Runner's World* senior editor Katie Neitz has compiled the best tips and techniques on training, pace, nutrition, injury rehabilitation and prevention, and every other detail that will lead to peak performance.

In sections devoted to each of the four races, *Runner's World Guide to Road Racing* lays out the insider secrets of the pros in concise, user-friendly format, including:

- Distance-specific training programs
- Eating plans
- Tips for hydration
- Race-day strategies
- Pacing recommendations
- Advice on achieving the optimal mental state for competition

Providing level-specific techniques and strategies for beginner, intermediate, and advanced runners, both competitive and recreational, this is a no-nonsense, fluff-free guide that will quickly become the road racer's bible.

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