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Hal higdon | runner's world

Hal Higdon (1931-) is the author of numerous books on running, including the best-selling Marathon: The Ultimate Training Guide. Higdon, a lifelong runner,

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Hal higdon - wikipedia

Hal Higdon (born June 17, 1931) is an American writer and runner. He has contributed to Runner's World magazine longer than any other writer. He is the author of 34 books, including the best-selling Marathon: The Ultimate Training Guide.

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Hal is the longest contributor to Runner's World magazine and the author of 34 books, including the best-selling Marathon: The Ultimate Training Guide. He ran

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