



The Beginning Runner's Handbook: The Proven 13-Week RunWalk Program (4th Revised edition)

By Ian MacNeill, SportMed BC, Doug Clements

Greystone Books, Canada. Paperback. Book Condition: new. BRAND NEW, The Beginning Runner's Handbook: The Proven 13-Week RunWalk Program (4th Revised edition), Ian MacNeill, SportMed BC, Doug Clements, This easy-to-use, practical guide helps runners safely build strength and endurance, get motivated and set realistic goals, choose the proper footwear and clothing, eat right, and avoid injury. Completely updated, this fourth edition contains a wealth of new material. A revised RunWalk program gives runners a choice between running 10K or covering the distance by running and walking. A whole new chapter on preparing for charity runs reflects the popularity of getting fit while giving back to the community. There are expanded and enhanced sections with cross-training options such as trail running and bootcamp sessions; information on running through pregnancy; facts about barefoot running, minimalist shoes and shorter strides lengths, plus links to online sources of information and running communities. Combining advice from the experts, training tips and testimonials from runners of all ages, The Beginning Runner's Handbook is a step-by-step road map for achieving running success.



READ ONLINE
[8.26 MB]

Reviews

This ebook can be worthy of a read, and much better than other. I have read and i am certain that i am going to planning to go through again once again in the future. You may like just how the writer compose this book.

-- **Mr. Grant Stanton PhD**

A whole new eBook with an all new standpoint. It is actually rally fascinating through reading through time period. You wont truly feel monotony at anytime of your own time (that's what catalogues are for relating to when you request me).

-- **Claire Bartell**