

Running Manual



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Running is probably one of the most popular ways to stay fit. Although it may seem that we can all 'run', there is much to learn, whether for beginners or seasoned runners. "The Running Manual" covers everything from sprinting to marathons, detailing gait

analysis, how to train and what to wear. It includes the detailed physiology on how the energy systems work and how nutrition should be approached prior to and during training and races. This "Haynes Manual" will appeal to all levels, whether young or old, new or experienced, male or female.

作者介绍:

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标签

长跑

跑步

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评论

豆瓣第一个读这本书的……

最好的系统介绍全面介绍慢跑的书籍了。技巧和营养两章最好，收获不少。

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书评

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