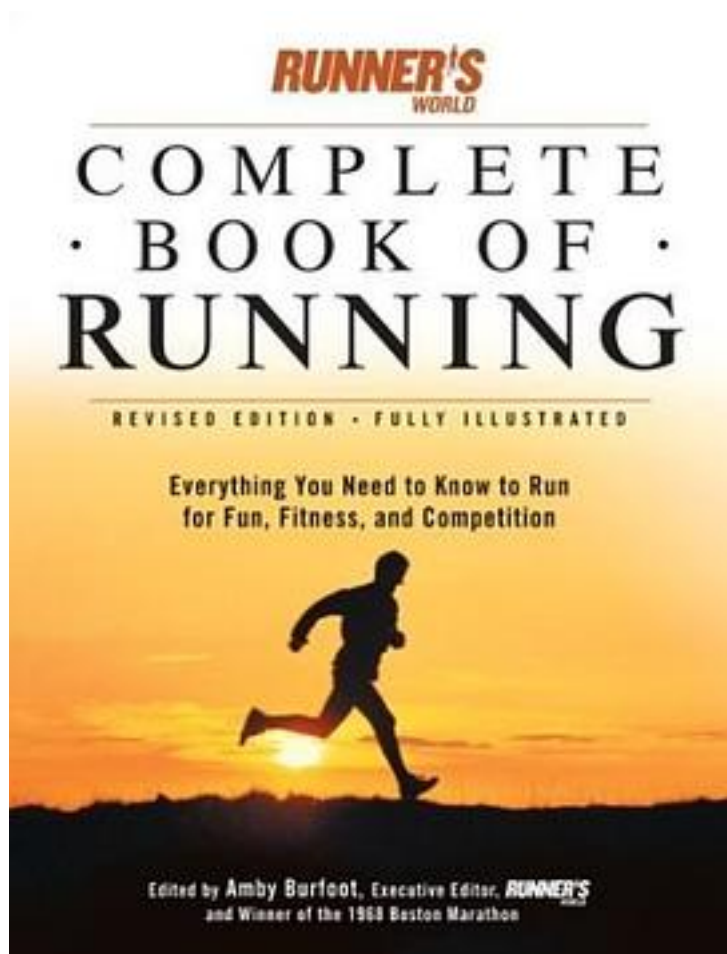


Runner's World Complete Book of Running



[Runner's World Complete Book of Running_ 下载链接1](#)

著者:Amby Burfoot

出版者:Rodale Books

出版时间:2004-05-07

装帧:Paperback

isbn:9781579549299

The sport of running is ever changing, be it the shoes we wear or the goals we set, the training methods we use or the role models we emulate. But there is one constant: For more than 30 years, Runner's World magazine has been recognized worldwide as the

most reliable and authoritative source of running knowledge. And for the past 7 years, Runner's World Complete Book of Running has been the classic book of choice for runners looking to run better, longer, and faster. Inside, all the secrets of running are laid bare. Need to know the best way to start a running program? You'll find it. Looking for tips on buying and preserving your running shoes? They're in there. From a complete look at running injuries to the benefits of sports drinks versus water to the best way to increase your endurance and train for a marathon, look no further than Runner's World Complete Book of Running. Contents include: | A surefire plan for beginners to get hooked on running | 15 surprising foods that boost your running performance | Tips for triathletes to maximize their training efficiency | 11 rules to running a great marathon | A women's encyclopedia of running | How to incorporate speedwork into your training | How to think like a champion | How to taper your eating and training before a race Whether you are a beginner or veteran runner, here is the advice-both timeless and cutting-edge-guaranteed to maximize your performance and your running pleasure.

作者介绍:

目录:

[Runner's World Complete Book of Running 下载链接1](#)

标签

英文原版

村上春树

评论

其实我的买的是这个系列女版，看了很多跑步的书，这本真的很好。很多人以为，跑步就是跑步呀。但是，科学地跑步感觉真好。知识，还真的是力量。腰不酸了，腿不疼了，不会跑得坚持不下去了~~~吼吼。

[Runner's World Complete Book of Running 下载链接1](#)

[Runner's World Complete Book of Runnng_下载链接1](#)