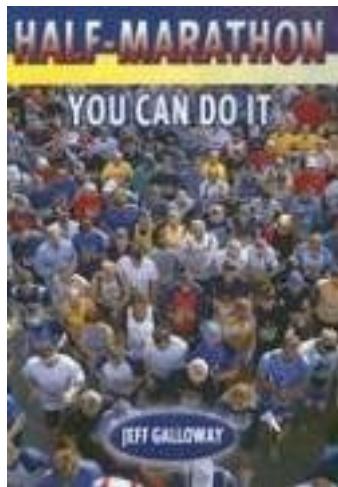


# Half-Marathon



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著者:Jeff Galloway

出版者:Meyer & Meyer Fachverlag und Buchhandel GmbH

出版时间:2006-04-05

装帧:Paperback

isbn:9781841261904

If you are thinking about training for a Half-Marathon, Jeff Galloway can help you prepare well, enjoy the training and glow from the achievement of crossing the finish line. Author of the bestseller "Marathon - You can do it!" Galloway now offers a state-of-the-art book on the highly popular half marathon distance. Jeff's trademarked run-walk-run method has helped hundreds of thousands of average people to get off the couch, train for marathons and half marathons without injury and has helped veterans to improve times. This book offers a step-by-step program that starts with setting up your training each week. Jeff will show you how to select a realistic goal, and which workouts are needed to prepare for various performances. The book is loaded with tips on how to stay motivated, eliminate aches, pains, and injuries, with the minimum training needed to enjoy other aspects of life. There's practical information on nutrition, building endurance, shoes, stretching, strengthening and much more. Jeff Galloway was an average teenage runner who kept learning and working harder, until he became an Olympian. He is the author of the best-selling running book in North America and a Runner's World columnist, as well as an inspirational speaker to over

200 running and fitness sessions each year. Jeff's quest for the injury-free marathon-training program led him to develop group-training programs in 1977.

作者介绍:

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