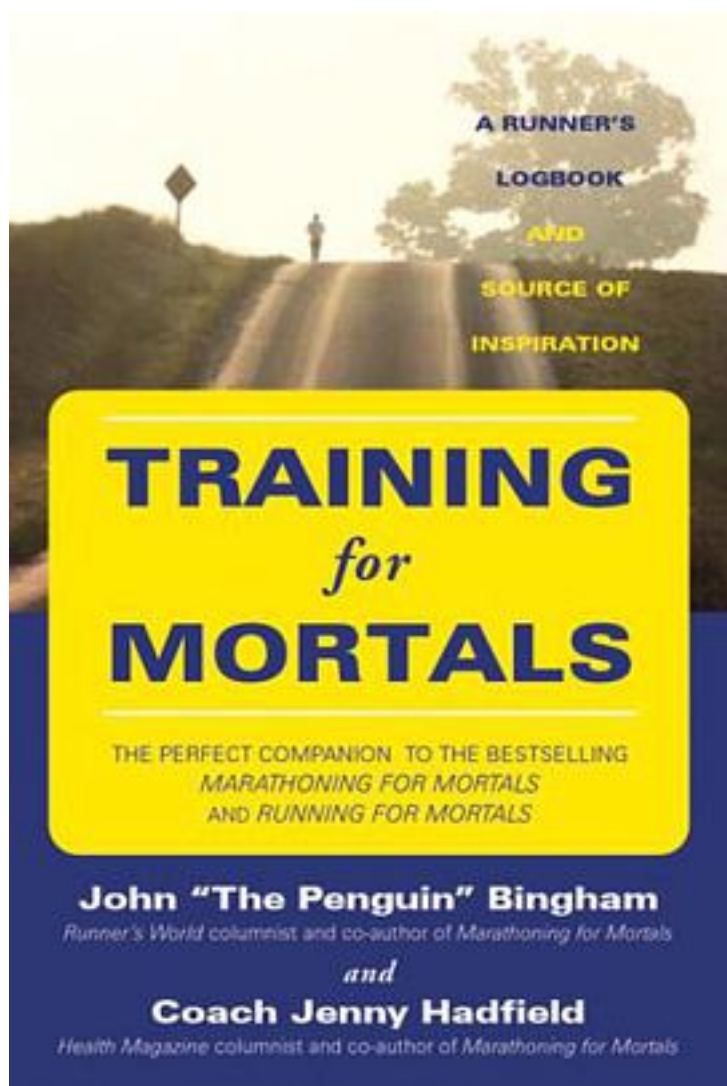


Training for Mortals



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著者:John Bingham

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John "The Penguin" Bingham's witty, honest, and inspirational "Chronicles" column in Runner's World has been the clarion call for a phenomenal surge of new runners. He has been called "the Pied Piper of the second running boom." He and co-author Jenny Hadfield tirelessly promote the idea that any running is good running, and that just waddling along can save you-body, mind, and soul. Running brings joy and fitness and a better life. Bingham and Hadfield's Marathoning for Mortals sells 30,000 copies a year. Now, Training for Mortals will join that book in the pantheon of indispensable books for runners. This logbook motivates runners of all levels and records their progress-both as athletes and in developing a more satisfying life through fitness. It is full of training tips and inspirational bits of running wisdom, with ample space and format to record the details of each day's workout(s). Designed with fifty-two weekly spreads, it can be started at any point in any year. John Bingham and Jenny Hadfield live in Chicago and run a race management company in addition to doing their writing, speaking, and coaching.

作者介绍:

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