The Complete Book of Running for Women
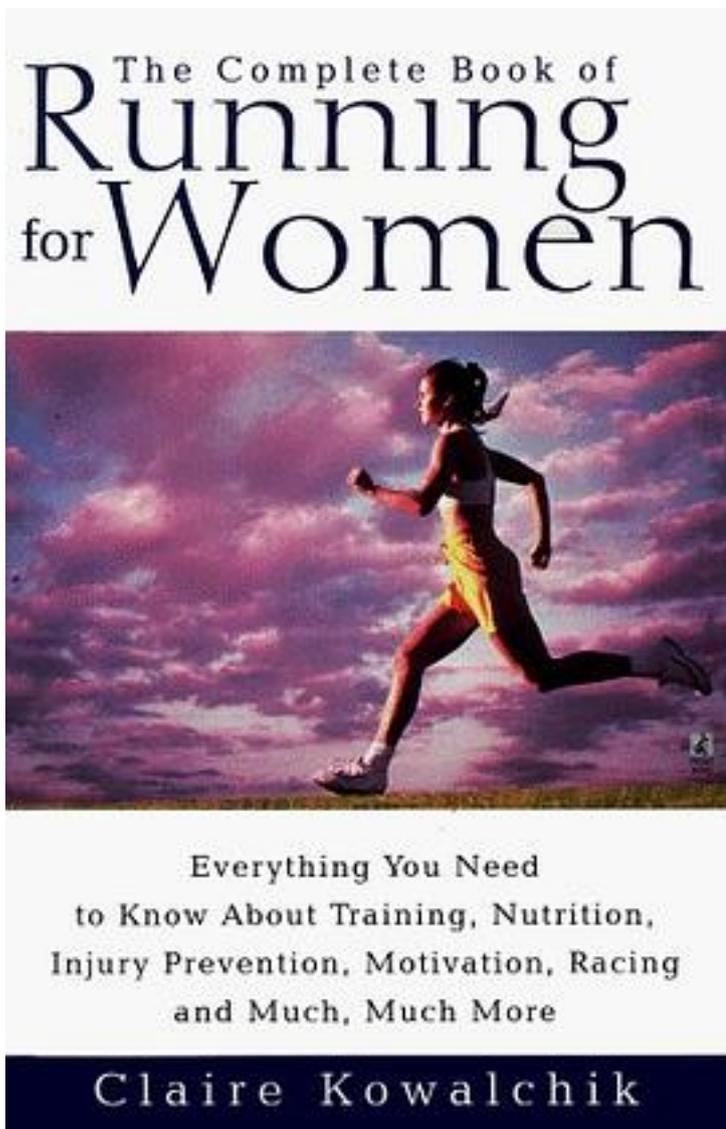

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It's the simplest, fastest, most accessible way to fitness and more women than ever are discovering its unique benefits - the stress relief, weight management, endurance, and self esteem. You don't need a partner, equipment, or even much time. Here, every question about the overwhelming popular activity that builds endurance, melts fat, and even prevents illness is answered. Authoritative and friendly, THE COMPLETE BOOK OF RUNNING FOR WOMEN is a sourcebook for both beginners and long-time runners. Along with wisdom drawn from the author's personal experience, you'll find advice from the experts: coaches, exercise physiologists, nutritionists, doctors and other women runners. Including question and answer sections and a complete list of resources. This book will tell you everything you need to know to be off and running toward better health and richer living.

作者介绍:

Claire Kowalchik is the former managing editor at RUNNER'S WORLD magazine. She has run eight marathons, countless road races, and is an assistant instructor for a women's running group.

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