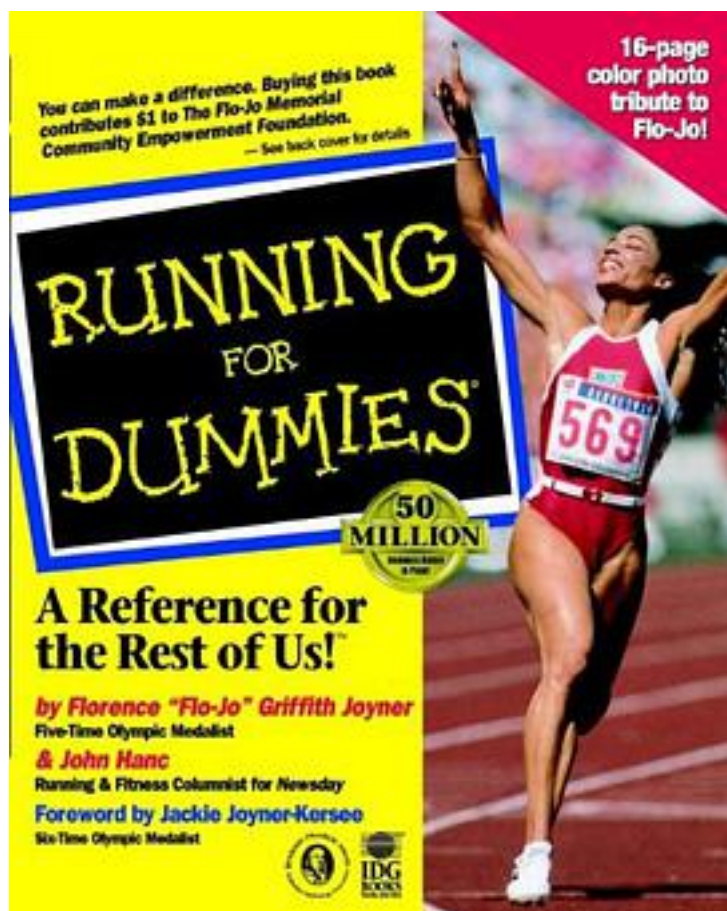


Running for Dummies



[Running for Dummies_ 下载链接1_](#)

著者:Griffith Joyner, Florence/ Hanc, John/ Joyner-Kersee, Jackie (FRW)

出版者:John Wiley & Sons Inc

出版时间:1999-2

装帧:Pap

isbn:9780764550966

Running For Dummies is for everyone with a desire to run. If you're a reforming couch potato, it helps ease you into a healthier lifestyle. If you have Olympic aspirations, take a look at different ways to improve your training. This easy-to-understand guide is also for those who want to: * Lose weight* Decrease blood pressure* Live longer* Relieve

stress* Boost creativity* Find a fun way to exercise Find dependable guidance for buying running shoes. Explore ways to maximize your training program. Discover the races you'll enjoy running. Coauthored by the "World's Fastest Woman" and World Record holder Florence (Flo-Jo) Griffith Joyner, Running For Dummies has world-class advice on these topics and many more:* Nutrition and weight loss* Hitting your stride* Speed training* Reaching your peak* The day of the race* Marathon training* Identifying and treating injuries* Cross-training and treadmill training* Running for kids and seniorsRun around the block or around town. Tired of pavement? Run through the woods. Keep track of your personal progress in handy running logs in the back of the book and enjoy full-color photos of Flo-Jo competing. Improve your health, feel good about yourself, and have fun! With several million runners on the road today, you'll find a lot of company, encouragement, and friends benefiting from this healthy and fun activity.

作者介绍:

目录:

[Running for Dummies_下载链接1](#)

标签

评论

[Running for Dummies_下载链接1](#)

书评

[Running for Dummies_下载链接1](#)