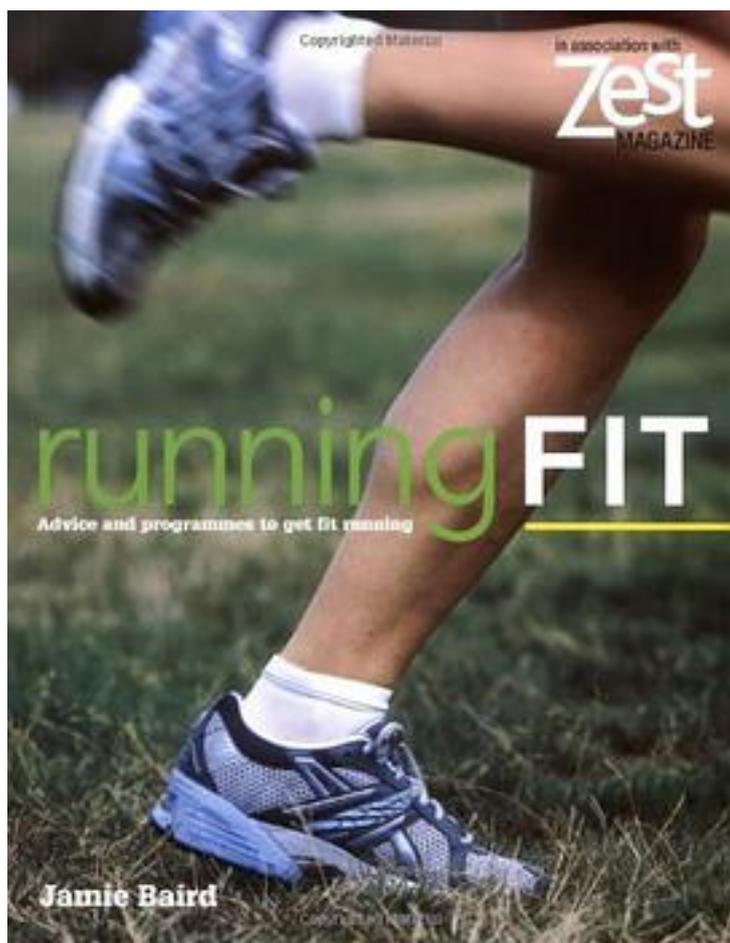


Running Fit



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Jamie Baird, a much sought-after fitness coach, provides a complete guide to getting all the benefits of running, while avoiding the injuries associated with this high-impact sport. Designed for runners at every level, it covers everything from proper footgear and

clothing to running technique, training routines, road safety, hydration, and diet. Whether the reader is a weekend jogger looking for a personalized exercise program or a marathoner trying to get an edge on the competition, the information here is guaranteed to improve both performance and cardiovascular fitness. Guidance is provided on using special equipment, such as a heart rate monitor or training weights, and there is detailed advice on how to enter and prepare for 5km, 10km, half-marathon, and full marathons.

作者介绍:

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