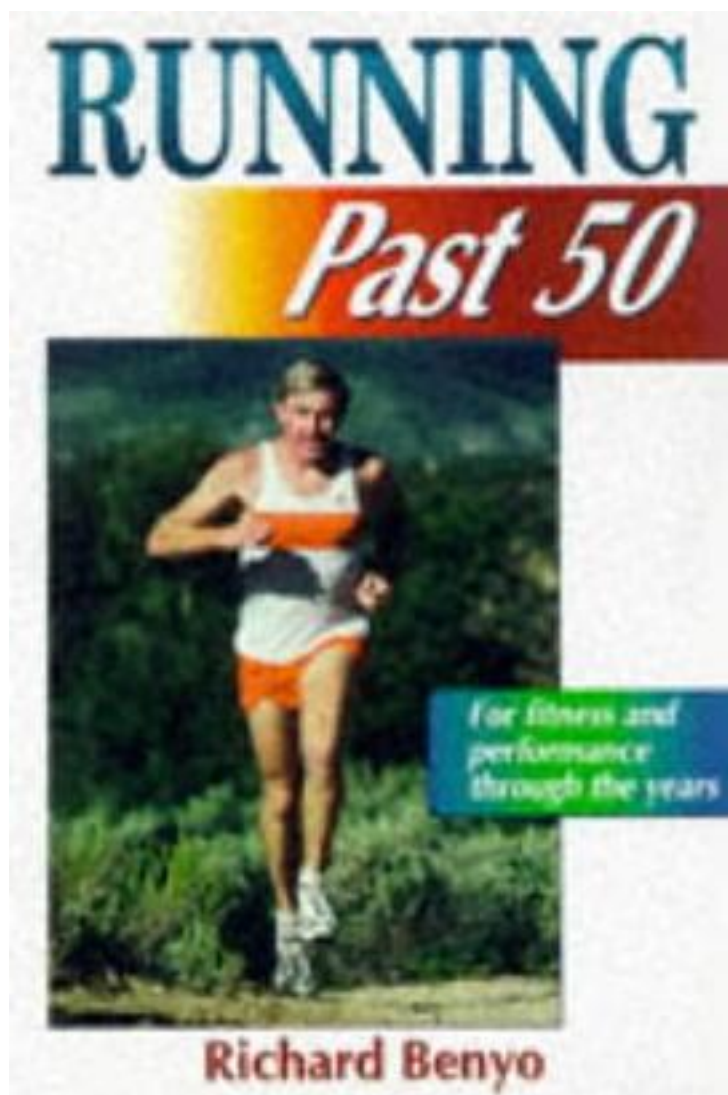


Running Past 50 (Ageless Athlete)



[Running Past 50 \(Ageless Athlete\)_ 下载链接1_](#)

著者:Richard Benyo

出版者:Human Kinetics Publishers

出版时间:1998-03

装帧:Paperback

isbn:9780880117050

Former Runner's World editor Rich Benyo explains how to make the years after 50 the best in your running career. Through his engaging writing style, Benyo will help you: infuse your running program with new training ideas, set new goals, establish good nutrition and hydration habits, avoid injuries common in aging runners, and stay motivated.

作者介绍:

目录:

[Running Past 50 \(Ageless Athlete\) 下载链接1](#)

标签

评论

[Running Past 50 \(Ageless Athlete\) 下载链接1](#)

书评

[Running Past 50 \(Ageless Athlete\) 下载链接1](#)