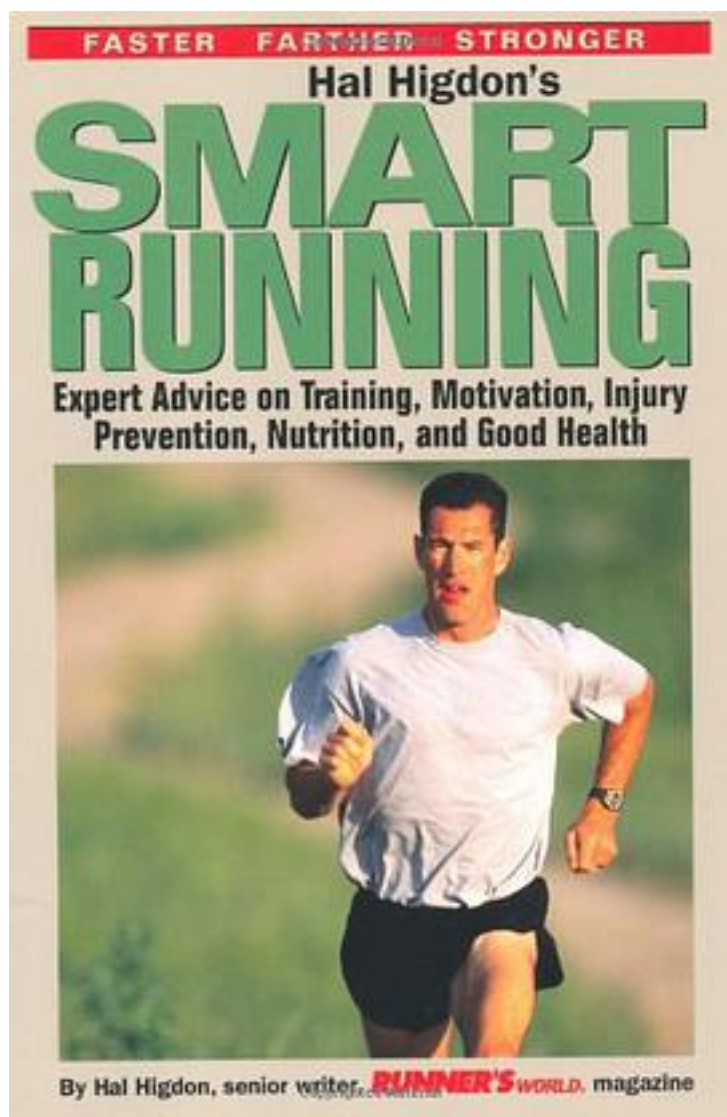# Hal Higdon's Smart Running

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著者:Higdon, Hal

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Your running questions answered.As the expert on "Runner's World" magazine's Web site, Hal Higdon receives nearly 1,000 questions a month from runners around he world. Questions from how to heal shinsplints to how to use running to safely shed pounds. Hal taps into 40 years of running experience and a wide network of exercise scientists and doctors to bring readers sound advice. And in "Hal Higdon's Smart Running," he brings this same experience and knowledge to new and veteran runners.You'll discover: * How to fit running into a busy lifestyle* What the best program is to lose weight* How to run a faster 5-K* How to motivate yourself to exercise consistently* If you are ready to run a marathon* What the best types of running shoes are* What the difference is between muscle soreness and an injury* What to eat before a race* How to run safely at night* How much cross-training should be in your running program* If you should run less as you get older* How to train for a marathon* If your diet should be high in carbohydrates* How much speedwork should be in your workouts* What the newest fabrics in running clothes are

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