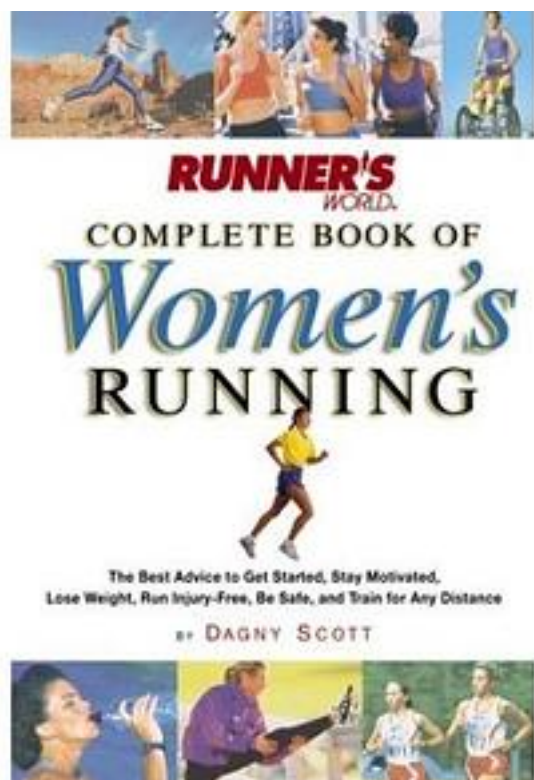


Complete Book of Women's Running



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著者:Dagny Scott

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From Booklist Don't confuse this book with *The Complete Book of Running for Women* (1999) by former *Runner's World* managing editor Claire Kowalchik. Now *Runner's World* has produced its own very comparable guide, written by Scott, running expert and editor in chief of *Women Outside* magazine. Kowalchik's book has more helpful charts, such as a body-mass index, and a more thorough nutrition section; but both share very similar content, covering the basic nuts and bolts, such as training, racing, proper nutrition, pregnancy, weight loss, and safety. The

layout of this title is easier to read, and the use of photos to demonstrate stretching techniques and exercise drills sets it apart. Topical sidebars include "Smart Tips": for instance, after a marathon, drink fluids, get into warm clothes, ease sore muscles with cold water, and don't run for a few weeks. Loyal Runner's World readers will turn to this source for practical, expert advice for women runners at all levels. Brenda BarreraCopyright © American Library Association. All rights reserved Book Description Over the last 4 years, 75% of the new subscribers to Runner's World magazine, the country's largest running magazine, have been women. The 1998 San Diego Rock 'n Roll Marathon was the first marathon where more women participated than men. 10 million women across the country identify themselves as regular runners. These statistics are evidence of a major boom in the popularity of running-a boom fueled by women runners. In response, Dagny Scott teamed up with the experts at Runner's World magazine to create a guide specifically aimed at this large and growing segment of the running world. More than one hundred experts were interviewed on the unique problems and challenges women face when running, including clothing, injuries common to women, running during pregnancy and menopause, safety, and nutrition. With clear photographs, running sidebars, and testimonials from women runners of all ages and abilities, the Runner's World Complete Book of Women's Running provides the most up-to-date, practical advice for women runners of all levels. See all Editorial Reviews

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