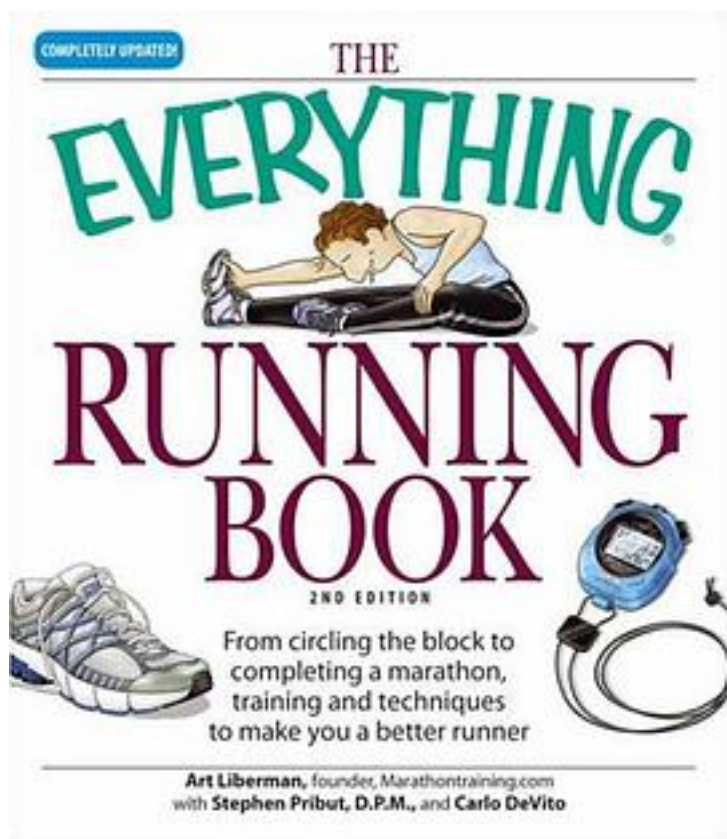


Everything Running Book



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Sure, running sounds easy enough. But a good running program involves more than just buying a pair of new sneakers and hitting the pavement. From gentle jogs to intense marathons, this guide will help you to choose the right equipment, train safely, and meet your running goals. Written by a veteran marathon runner and trainer, this book teaches you how to: Set immediate and long-term running goals Prevent injuries Avoid plateaus Workout at any level Regulate your water intake Cross-train with

weights and alternative methods (like yoga) You'll also find information on ensuring correct posture, tailoring running to your age, and training for and running a 5K, 10K, half-marathon, and marathon. The Everything Running Book, 2nd Edition has everything you need-from start to finish!

作者介绍:

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