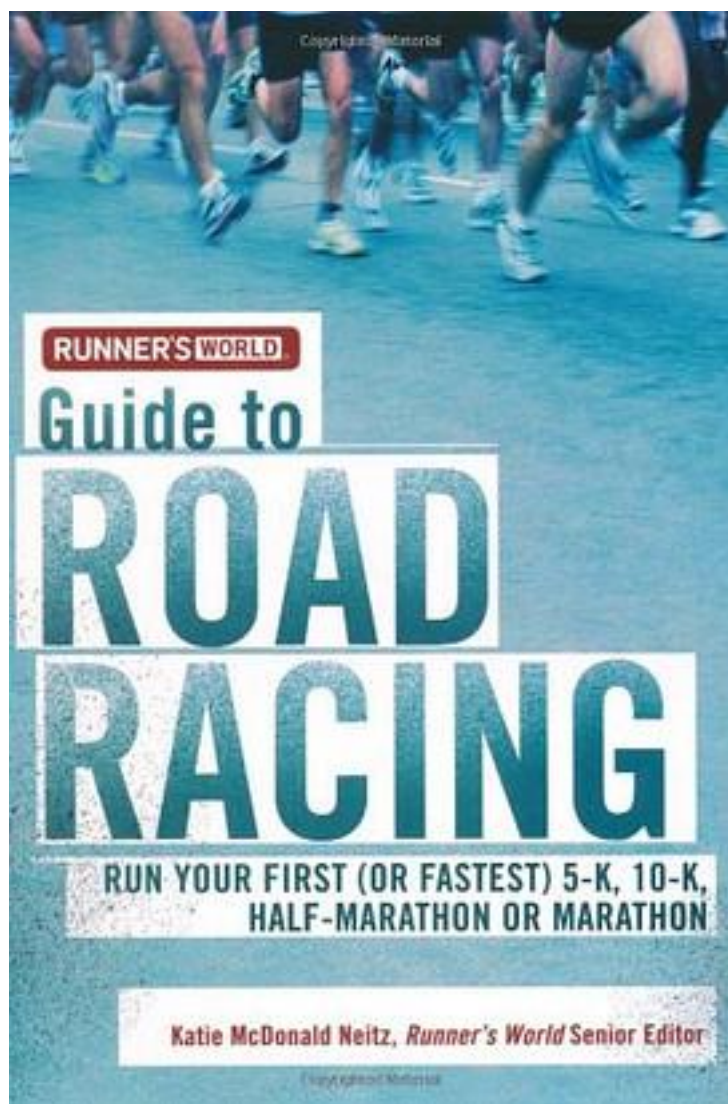# "Runner's World" Guide to Road Racing

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著者:Neitz, Katie McDonald

出版者:

出版时间:2008-3

装帧:

isbn:9781594867439

"Runner's World" senior editor Katie McDonald Neitz has compiled the best tips and techniques on training, pace, nutrition, injury rehabilitation and prevention, and every other detail that will lead to peak running performance.In sections devoted to each of the four race types, the book lays out the insider secrets of the pros in a concise, user-friendly format, including: distance-specific training programs; eating plans; tips for hydration; race-day strategies; pacing recommendations; and, advice on achieving the optimal mental state for competition.Providing level-specific techniques and strategies for beginner, intermediate, and advanced runners, this is a no-nonsense, fluff-free guide that will quickly become every road racer's bible.

作者介绍:

目录:

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标签

题：跑步/單車

文：英文

评论

掃讀。實用得著不多，卻意料之外地貼近心靈。 "From the time you finish your first shorter race, the specter of the 26.2-miler hovers in your mind, something that one day you want to do. Have to do. Will do. Why? Because, like Everest, the marathon is there." "We feel our best after a long, fast, or hard training run and our worst when we can't run at all."

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书评

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