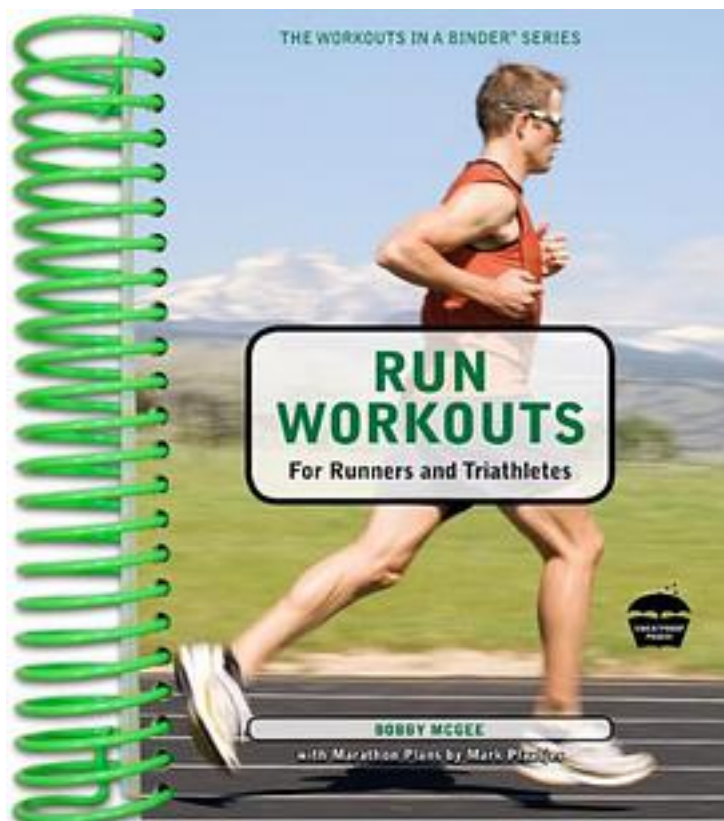


Run Workouts for Runners and Triathletes



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出版者:

出版时间:2009-3

装帧:

isbn:9781934030332

To improve performance, athletes need to vary their workouts. For runners, this means alternating endurance runs with shorter but more difficult courses. "Run Workouts for Runners and Triathletes" is the perfect tool for self-coached athletes who want variety in their training. It provides more than 20 different training plans along with detailed advice on determining pace and balancing hard and easy days. Included are new takes on workouts all runners and triathletes should have in their training kits, such as track

repeats, hill runs, and interval training. Along with these classic training techniques, the authors include favorite workouts that reflect their own unique and highly successful methodology. Whether trying to break a personal record in a 10K or polishing up for the running leg of a triathlon, this book helps runners and triathletes at all levels break out of the dreaded runner's rut.

作者介绍:

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