The Beginning Runner's Handbook: The Proven 13-Week RunWalk Program

Ian MacNeill, SportMedBC

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This easy-to-use, practical guide helps runners safely build strength and endurance, get motivated and set realistic goals, choose the proper footwear and clothing, eat right, and avoid injury. Completely updated, this fourth edition contains a wealth of new material. A revised RunWalk program gives runners a choice between running 10K or covering the distance by running and walking. A whole new chapter on preparing for charity runs reflects the popularity of getting fit while giving back to the community. There are expanded and enhanced sections with cross-training options such as trail running and bootcamp sessions; information on running through pregnancy; facts about barefoot running, minimalist shoes and shorter strides lengths, plus links to online sources of information and running communities. Combining advice from the experts, training tips and testimonials from runners of all ages, *The Beginning Runner's Handbook* is a step-by-step road map for achieving running success.

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From reader reviews:

Jimmy Robertson:

Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their very own friends. Usually they carrying out activity like watching television, going to beach, or picnic in the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? May be reading a book may be option to fill your totally free time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the guide untitled The Beginning Runner's Handbook: The Proven 13-Week RunWalk Program can be fine book to read. May be it could be best activity to you.

Gregory Kim:

Typically the book The Beginning Runner's Handbook: The Proven 13-Week RunWalk Program has a lot details on it. So when you check out this book you can get a lot of advantage. The book was compiled by the very famous author. The author makes some research ahead of write this book. That book very easy to read you may get the point easily after looking over this book.

Michael Torres:

Playing with family inside a park, coming to see the sea world or hanging out with buddies is thing that usually you may have done when you have spare time, subsequently why you don't try thing that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love The Beginning Runner's Handbook: The Proven 13-Week RunWalk Program, you may enjoy both. It is excellent combination right, you still need to miss it? What kind of hangout type is it? Oh seriously its mind hangout fellas. What? Still don't have it, oh come on its named reading friends.

Joan Naylor:

The book untitled The Beginning Runner's Handbook: The Proven 13-Week RunWalk Program contain a lot of information on it. The writer explains her idea with easy means. The language is very clear and understandable all the people, so do not necessarily worry, you can easy to read that. The book was compiled by famous author. The author provides you in the new era of literary works. You can read this book because you can continue reading your smart phone, or product, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site along with order it. Have a nice examine.

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