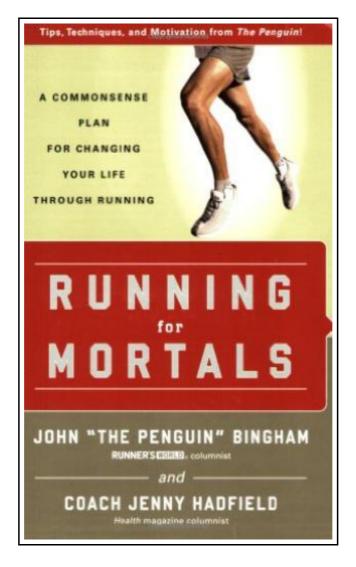
Running for Mortals: A Commonsense Plan for Changing Your Life Through Running



Filesize: 6.22 MB

Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

RUNNING FOR MORTALS: A COMMONSENSE PLAN FOR CHANGING YOUR LIFE THROUGH RUNNING



RODALE PRESS, United States, 2007. Paperback. Book Condition: New. 211 x 137 mm. Language: English. Brand New Book. The authors of Marathoning for Mortals - John The Penguin Bingham and Coach Jenny Hadfield, MA, CPT - now show beginning runners how to fit running into their lifestyle easilyYou don t have to run fast or competitively to reap the rewards that running has to offer. What you do need is the courage to start. That is the Penguin mantra that has enabled John Bingham through his best-selling book No Need for Speed, his popular monthly column for Runner s World magazine, and his many appearances at major running events throughout the year to inspire thousands of men and women to take up the sport for fitness and the sheer enjoyment that running brings them.By teaming up with coach Jenny Hadfield, his wife and coauthor on Marathoning for Mortals, Bingham lays out strategies that will help readers to safely and effortlessly integrate runs into their busy schedules. In this book, backed by Runner s World, the authority of America s leading running magazine, the authors provide tips for getting started, sticking to a routine, eating for energy, hydration, and training for speed and endurance.

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