



Runner's World Complete Book of Beginning Running

Amby Burfoot

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Runner's World Complete Book of Beginning Running by Amby Burfoot is the newest addition to the heralded *Runner's World* series focuses exclusively on the concerns of the tens of thousands of new runners who take up the sport every year.

Recognizing that newcomers to a sport need all the help they can get, *Runner's World* now devotes an entire book to guiding the beginning runner through those challenging first days, weeks, and months. Peppered throughout with motivating tips and advice from those who have been there, this much-needed volume presents a can't-fail program that is sure to help new runners feel and look better and have more energy and less stress. Inside you'll find:

- o Information on nutrition and how to adjust your diet to fit your new running lifestyle
- o Training advice, including how to use cross-training, stretching, and strength exercises to keep enthusiasm up, weight down, and fitness at an optimum level
- o A special section for women runners

Written by the executive editor of *Runner's World* magazine and covering every problem the new runner may encounter-from choosing the right shoes to preventing injury to preparing for a race-this authoritative volume provides all the information and inspiration any novice requires to turn running into a healthy, lifetime pursuit.

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Sandra Gregory:

Book is to be different for each grade. Book for children right up until adult are different content. To be sure that book is very important usually. The book Runner's World Complete Book of Beginning Running ended up being making you to know about other knowledge and of course you can take more information. It is very advantages for you. The publication Runner's World Complete Book of Beginning Running is not only giving you more new information but also to be your friend when you experience bored. You can spend your spend time to read your book. Try to make relationship while using book Runner's World Complete Book of Beginning Running. You never truly feel lose out for everything in case you read some books.

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