



Running: How to Get Started: A Complete Guide to Running for Health and Fitness with Step-by-step Instructions, Expert Advice and More Than 300 Practical Photographs

By Elizabeth Hufton

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Running: How to Get Started: A Complete Guide to Running for Health and Fitness with Step-by-step Instructions, Expert Advice and More Than 300 Practical Photographs, Elizabeth Hufton, Running is one of the most popular activities worldwide, and provides an incredible feeling of achievement as well as offering an enjoyable and accessible way to get fit. This superb book is an ideal reference guide for beginners, with easy-to-follow advice and guidance on getting started, staying motivated, and improving your performance. To help you begin to run, the first part of the book provides practical advice, including basic health checks, progressive walk/run programmes, a six-week plan of running for fitness, and exercises to build up strength. Appropriate clothing and equipment, stretching exercises and warm-up routines are described. Once you have achieved a certain standard you may want to try an event, and there is a special section devoted to explaining what kinds of events are suitable, from a 5K walk/run to a marathon. With over 300 photographs and illustrations, including step-by-step instruction, this expert book is essential reading for anyone who wants to begin and to improve their running. This title is the perfect...



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Reviews

Comprehensive information! Its this sort of excellent go through. It is packed with knowledge and wisdom You may like just how the author publish this book.

-- **Mustafa McGlynn**

Complete guideline! Its this kind of great read through. It is probably the most incredible pdf i actually have read through. Its been developed in an extremely straightforward way and it is simply soon after i finished reading this book through which actually modified me, affect the way i really believe.

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