# 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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