



The Beginning Runner's Handbook: The Proven 13-Week Walk/Run Program

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More than 20.5 million Americans run recreationally, according to the latest U.S. statistics—an astonishing figure that underscores just how popular running is as a method of improving fitness. This tightly written, absolutely basic guide exclusively for the beginning runner offers a proven and tested program perfectly suited to those seeking long-term fitness.

At the core of the book is "the program"—the specific 13-week walk/run plan designed to turn people into runners, without injury. Everyone—walkers, first-time joggers, even those who want to advance another step—will find a training program to suit their interests, needs and current level of fitness.

For this new edition, much has been added, including all-new material on running faster and farther; fartlek, interval and tempo training; how to maintain fitness while vacationing, and a post-13-weeks maintenance program. Another new chapter focuses on building toward half and full marathons. As well, there's a new chapter on running and the family, including running during pregnancy and after the baby arrives, jogging strollers, children who want to run and running with the family dog. Other new sections examine coming back from injuries, as well as the latest on nutrition and running, such as low-carb diets and running.

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