



Runner s World Complete Book of Women s Running: The Best Advice to Get Started, Stay Motivated, Lose Weight, Run Injury-Free, be Safe, and Train for Any Distance

By Dagny Scott Barrios

RODALE PRESS, United States, 2008. Paperback. Book Condition: New. Revised ed.. 226 x 152 mm. Language: English . Brand New Book. More than 10 million women now identify themselves as regular runners. In response to the dramatic increase in the number of women in the sport, Dagny Scott Barrios and the experts at Runner s World have created this singular guide - now updated with 25 percent new material - where women will discover how to: train for any race, from a 5K to a marathon; eat nutritiously and for maximum energy; lose weight permanently; deal with self-consciousness and body image; run during pregnancy and through menopause; choose the best clothes and accessories; run anywhere safely; and, prevent and treat injuries, especially those that women are most likely to encounter. With clear photographs, running sidebars, and testimonials from women runners of all ages and abilities, this comprehensive resource provides the most current practical advice available anywhere for women runners of all levels.



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Reviews

Good eBook and helpful one. It really is writter in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- **Romaine Rippin**

The book is great and fantastic. it absolutely was writtern very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lyda Davis II**