



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 (Paperback)

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

The book is simple in read through better to fully grasp. It is rally exciting throgh looking at period of time. I discovered this publication from my i and dad encouraged this book to find out.

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