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LONG DISTANCE RUNNING FOR BEGINNERS (PAPERBACK)



Rosen Publishing Group, United States, 2011. Paperback. Condition: New. Language: English. Brand New Book. Inspiration is easily found through this unique training manual for long distance runners of all abilities, with special focus on the beginning runner. Readers get prepared for anything, from a typical 5K run to a full marathon. Each level of progression includes a fitness schedule and one or more race schedules (5K, 1K, half-marathon, marathon). This guide also includes assessment programs, diet and nutrition guides,...

Read PDF Long Distance Running for Beginners (Paperback)

- Authored by Michael Spilling, Sean Fishpool
- Released at 2011



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Reviews

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