

# **The Runners Handbook The Bestselling Classic Fitness Guide For Beginning And Intermediate Runners**

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especially in tough economic times running offers an affordable and positive way to relieve

stress and gain a sense of accomplishment marathons and more than ever half marathons are the ultimate achievement for runners and have experienced an unprecedented boom in the last several years new hunger for reliable information on marathon and half marathon training as well as new technologies that have revolutionized ordinary people s ability to train intelligently means the time is right for a new edition of longtime runner s world contributor hal higdon s classic guide to taking the guesswork out of preparing for a marathon whether it s a reader s first or fiftieth at the core of the book is higdon s clear and essential information on training injury prevention and nutrition with more than 25 percent new material this fourth edition of a running classic is a must own for both longtime runners and those new to the sport

if you re a runner or would like to be one the runner s handbook will answer all your questions fitness expert bob glover who has trained thousands of runners shows you how to devise a training program and keep at the top of your form

a guide to running that provides basic information necessary for beginning intermediate and advanced runners on equipment training techniques marathons and other related topics

features a large atlas style format appropriately detailed anatomical illustrations exceptionally clear photographs of tissues and cadavers and time saving study tools to give readers a complete understanding of anatomical structures

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