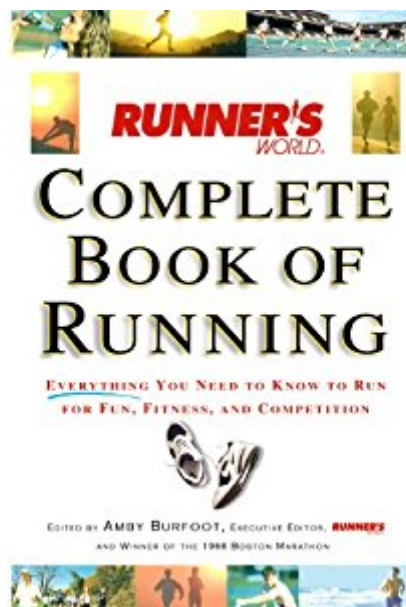




The book was found

Runner's World Complete Book Of Running: Everything You Need To Run For Weight Loss, Fitness, And Competition



Synopsis

Run faster, run smarter with the latest advice from the pros at runner's world. The sport of running is ever changing, be it the shoes we wear or the goals we set, the training methods we use or the role models we emulate. But there is one constant: For 40 years, Runner's World magazine has been recognized worldwide as the leading authority on running. Now the collective wisdom of the most savvy running writers, coaches, and editors can be found in Runner's World Complete Book of Running. Whether you are a beginner or veteran runner, here is advice - both timeless and cutting-edge - guaranteed to maximize your performance and enjoyment. Inside you'll find in-depth coverage of training and racing including: A surefire plan to get beginners hooked on running 15 surprising foods to boost your running performance A proven plan to increase speed by training less Tips from triathletes to maximize your training efficiency A woman's encyclopedia of running The big five running injuries and how to prevent them An innovative running plan for weight-loss Cross-training exercises that strengthen your core How to train for your first half-marathon Mental training tips for running a smart marathon Packed with valuable advice from running's top experts on everything from building strength, speed, and endurance to nutrition and injury-prevention, Runner's World Complete Book of Running is the audiobook you'll turn to again and again to answer all of your running questions.

Book Information

Audible Audio Edition

Listening Length: 13 hours and 33 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Audible Studios

Audible.com Release Date: May 8, 2014

Language: English

ASIN: B00K7FKWEW

Best Sellers Rank: #51 in Books > Sports & Outdoors > Other Team Sports > Track & Field
#132 in Books > Sports & Outdoors > Miscellaneous > Reference #241 in Books > Audible Audiobooks > Nonfiction > Sports & Recreation

Customer Reviews

I have the new revised 2009 version of this. I knew this was a compilation of several articles from Runner's World which I actually prefer to a straight-through read. A majority of the information is

really pertinent and helpful to a runner like myself. However, there are a few bits of info that seem outdated like maintaining a long stride as opposed to shortening your stride or increasing your cadence as is recommended now. It is also missing some references in the articles, for example it reads, "Physiologists have calculated that any and all running paces are fast enough to put you into the moderate-to-vigorous aerobic zone that delivers health benefits, (For more guidance on pacing, see "The Starting Line," page xx)" It literally says "xx" instead of an actual page number. I've found a handful of these which is bothersome but not a deal breaker for me. It's more annoying than anything. Overall, this is a great book with helpful information as long as you also keep up with more recent running articles and studies.

I am a beginning runner and thoroughly enjoyed this book. I found the broad range of topics and writers to be a well rounded overview of important aspects to running: training, injury prevention, diet, ..., etc. (see table of contents for all the topics). I agree with the reviewers who say this book is "just" a collection of articles, you can find all this same info on the Internet, and there is some contradictory advice. However, for the price, it is nice to have all these great articles in one place in hardcopy. Contradictory advice? Talk to experts in any field and you'll get contracting advice. This reflects that different advice is best for different people and that some experts disagree (e.g. 1 experts says train 6 days a week, another says train 3 days a week). (Experts here meaning trainers, sports doctors, and runners who break world records and win big races). I would give this 5 stars except for the title may be misleading. The title sounds more encyclopedic but the book is really a nicely organized collection of great articles written over the years by expert trainers, doctors and runners.

Very complete guide... Magazine based but very useful. Beware: it will only suck into running more and make you want to keep reading. So I guess that works for Runner's World when their hoping to sell magazines. Great for beginners when looking to get a grip on all the running advice being given. It's actually just the start, however, as the journey never ends.

This is an absolutely awesome read for beginning runners. I have used much of the advice/information provided and am succeeding in my goal to become a runner. I love how they break everything down to the simplest of terms for greater understanding. I do think if you are an intermediate runner this might not appeal to you. But, as a brand new runner who has never run EVER...it's my new bible. So, glad i purchased it.

So I'm not a marathon runner. I run for fitness and because I enjoy it. The RW books edited by Amby Burfoot never disappoint me when I'm looking for information at different stages of my running career. This book provides concise information regarding issues we as runners are concerned about and I know that any of the topics can be more thoroughly researched - If I choose to - by going to the RW website.

This book touches on 100% of everything you will need to get started to a marathon These are the kind of books that I will use as a resource for many more years to come!

this is a good book. if you can only buy one book on running get this one.

I got this book after injuring myself running a half-marathon. I didn't train properly, too much, too soon. I'm starting over using this book, and I already see how slowly you are supposed to begin and why. Good starter book.

[Download to continue reading...](#)

Runner's World Complete Book of Running: Everything You Need to Run for Weight Loss, Fitness, and Competition Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Ultimate Weight Loss Smart Points Beginner's Guide: Everything You Need to Know for Rapid & Sustainable Weight Loss (Includes 50 Weight Loss Tips, 30 Day Meal Plan, and Recipes) Runner's World Training Journal: A Daily Dose of Motivation, Training Tips & Running Wisdom for Every Kind of Runner--From Fitness Runners to Competitive Racers Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary FIRST Training Program 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 Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) HIIT: High Intensity Interval Training Guide Including Running, Cycling & Bodyweight Workouts For Weight Loss: Including Running, Cycling & Bodyweight Workouts for Weight Loss Runner's World Runner's Diet: The Ultimate Eating Plan That Will Make Every Runner (and Walker) Leaner, Faster, and Fitter Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Runner's World The Runner's Body: How the Latest Exercise Science Can Help You Run Stronger, Longer, and Faster The Maze Runner (Maze Runner, Book One) (The Maze Runner Series) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss) Hair Loss Cure: Everything You Need to Know About Hair Loss, Hair Loss Prevention, Hair Re-growth and Hair Loss Treatments (Hairloss treatment) Weight Loss: Weight Loss Instant Pot eBook, Eat What You Love But Do It Smarter! Simple Recipes To Follow Weight Loss Smarts Points

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)