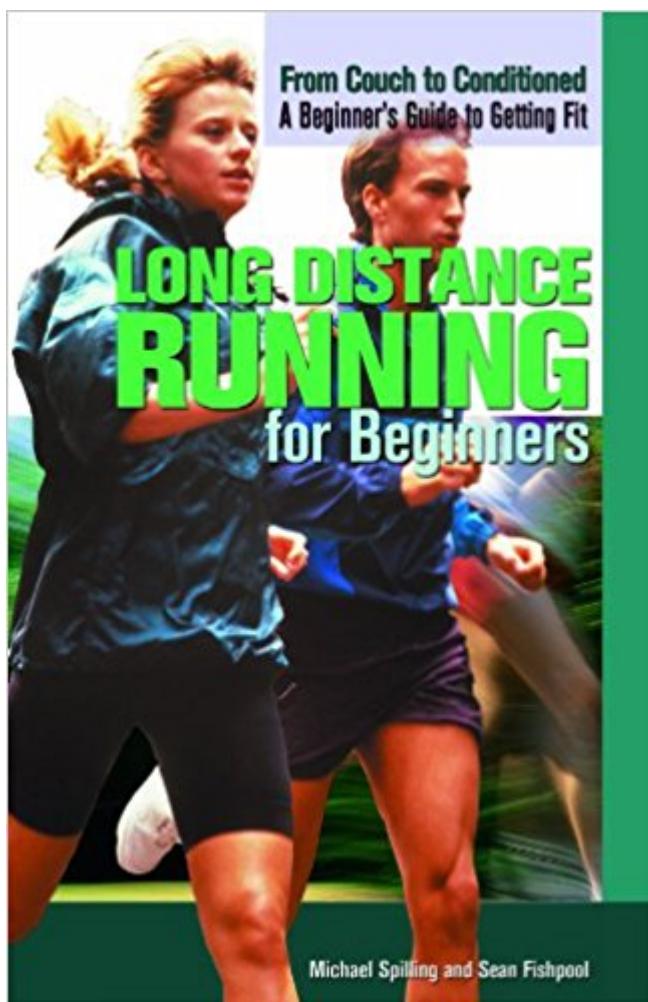


The book was found

Long Distance Running For Beginners (From Couch To Conditioned: A Beginner's Guide To Getting Fit)



Synopsis

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, 10K, half-marathon, marathon). This guide also includes assessment programs, diet and nutrition guides, strategies for avoiding and coping with injuries, and tips on proper clothing and equipment.

Book Information

Series: From Couch to Conditioned: A Beginner's Guide to Getting Fit

Hardcover: 96 pages

Publisher: Rosen Classroom (August 15, 2011)

Language: English

ISBN-10: 1448848148

ISBN-13: 978-1448848140

Product Dimensions: 9 x 6.1 x 0.4 inches

Shipping Weight: 11.2 ounces

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Best Sellers Rank: #5,616,138 in Books (See Top 100 in Books) #22 in Books > Teens > Sports & Outdoors > Track & Field #111 in Books > Teens > Personal Health > Fitness & Exercise #552 in Books > Children's Books > Growing Up & Facts of Life > Health > Fitness

Age Range: 12 - 15 years

Grade Level: 7 - 10

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