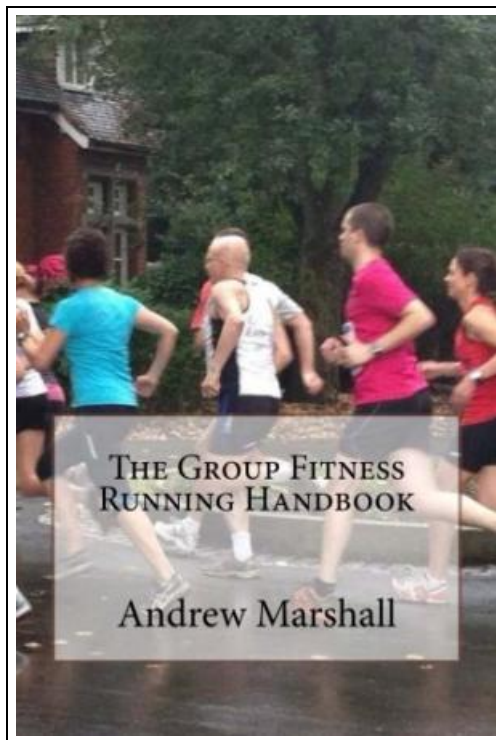


## The Group Fitness Running Handbook (Paperback)



Filesize: 7.47 MB

### ***Reviews***

*Extremely helpful to all of group of individuals. It really is loaded with knowledge and wisdom Its been designed in an extremely basic way and is particularly simply after i finished reading through this ebook where actually altered me, affect the way i believe.  
(Lily Ryan)*

## THE GROUP FITNESS RUNNING HANDBOOK (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The purpose of this training handbook is to provide fitness enthusiasts and professionals with the underlying theoretical knowledge and principles of running training in order to aid their development in delivering structured and well-planned fitness running sessions for either themselves and/or their clients, on either an individual- or group-basis. To this end the book will, from a running perspective, introduce the reader to: basic biomechanics; warming-up and cooling-down; sports nutrition and exercise performance; hydration; drills; types of running training; surface and terrain selection; heart rates; and basic training schedules.



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