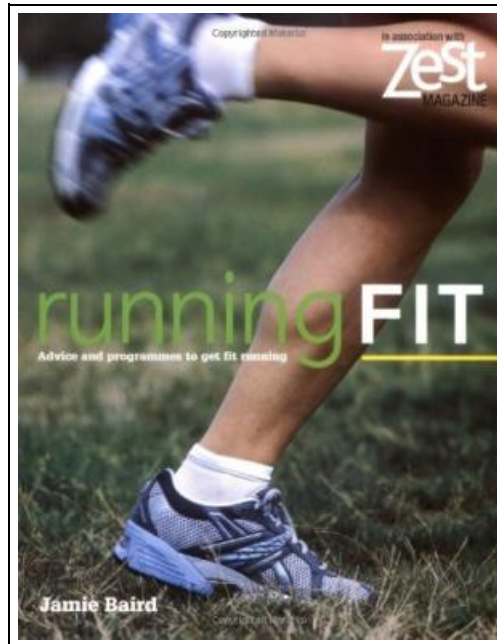


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Reviews

It is one of the best books. Indeed, it really is play, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Sofia Yundt)

ZEST: RUNNING FIT: A COMPLETE INTRODUCTION TO RUNNING (PAPERBACK)



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PAVILION BOOKS, United Kingdom, 2006. Paperback. Condition: New. Language: English . Brand New Book. Running is one of the fastest growing sports with more and more people taking part in marathons and charity sponsored runs. Emotionally and physically beneficial, it improves your cardiovascular system and mental performance and reverses the affects of ageing. However, running can be a daunting sport as it is high-impact and can be associated with injuries if it is not done properly. This book provides you with all the basics you need to build an effective and enjoyable running programme. Baird explains the important physiological and practical information from understanding your aerobic system to buying the best running shoes. He advises on all aspects of nutrition, hydration, safety and injuries. Armed with these fundamentals, Baird offers a range of over 40 great exercises all aimed at building your running muscles and there are tips on warming up and cooling down. He then helps you draw up your own personal training programme - based on your goals: do you just want to get fit, lose weight or actively compete. There are three programmes: a run/walk programme for beginners and a 10k and half marathon programme for those wanting to stretch themselves.



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