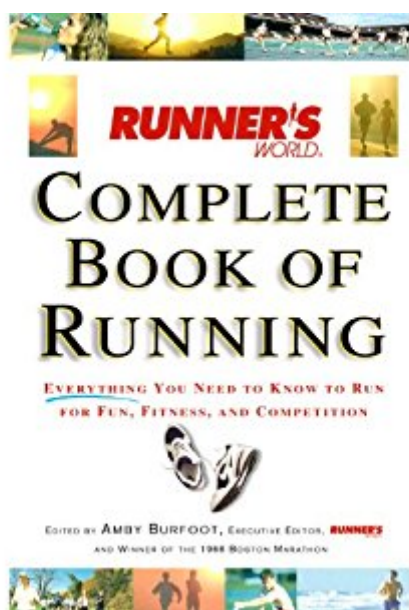


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# Runner's World Complete Book Of Running: Everything You Need To Run For Weight Loss, Fitness, And Competition



## 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

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## Customer Reviews

As other reviewers have stated, this is a good book for beginning runners. The tone is positive--in the introduction, the author states that she wants to be your cheerleader--and presents a "you can

do it!" attitude throughout. One of the book's strengths is its emphasis on starting out gradually if you're a beginning runner. The author is well aware of the pitfalls of beginning runners, one of which is getting discouraged and ultimately abandoning running because of unrealistic expectations. She presents a clear running program that just about anyone should be able to start with. Inspirational stories--including a now-dated piece about Oprah's first marathon--support the idea that pretty much anyone can train to run competitively (or just for fun). Well, at least if they're millionaires who can train for a total of four hours a day. Also included are the obligatory diet recommendations, including a curious plug for vegetarianism. This is where I think the book starts to lose its focus. I realize that many people reading about running are likely looking to lose weight and incorporate vigorous exercise into a healthier lifestyle, but how many times--and in how many publications--must we read about carbs and fats? We get a brief intro to healthy eating, and then the book jumps into diet choices of runners. The organization of the book suggests that you'll go from novice runner to carbo-loading marathoner in a matter of pages. I think that the injury section, perhaps incorporated into a larger chapter about running and its effects on various body systems and health generally, could be expanded. How to best deal with shin splints, which affect nearly all beginning runners at some point and to some degree, is barely touched on.

Despite what the title and subtitle suggests, this doesn't provide everything you need to run for fun, fitness and competition. While it probably a 3 1/2 \*\*\* to 4\*\*\*\* book, in terms of content, there are more comprehensive books on the subject of running. This is a good book for getting a base understanding of running, and it only offers training programs for one type of road race, namely the marathon. If you want something that covers training for shorter races, forget it. That doesn't mean the book is a total loss for those who purchase it. If you are looking for a tome on the sport, look no further than Dr. Timothy Noakes' Lore of Running, which is nearly 1000 pages of information from a physician who is also a runner. It doesn't discuss specific training exercises with regard to weights like other running books, or it doesn't even mention which exercises to do in terms of stretching/flexibility, nor is there any mention of plyometrics, which is used by some competitive runners. The book is fairly narrow in scope, geared more for road racers of the marathon persuasion mostly. If you want to run some track race or cross country race, this book is probably of somewhat limited value to you. Another problem is the book is fairly expensive considering the amount of information is provided in the pages, considering this is basically a rehash of topics already discussed in Runners' World, along with other running magazines and books.

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# Big Book of Running for Beginners: Lose Weight, Get Fit, and Have Fun

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