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The Beginning Runner's Handbook: The Proven 13-Week RunWalk Program

Ian MacNeill, SportMedBC

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This easy-to-use, practical guide helps runners safely build strength and endurance, get motivated and set realistic goals, choose the proper footwear and clothing, eat right, and avoid injury. Completely updated, this fourth edition contains a wealth of new material. A revised RunWalk program gives runners a choice between running 10K or covering the distance by running and walking. A whole new chapter on preparing for charity runs reflects the popularity of getting fit while giving back to the community. There are expanded and enhanced sections with cross-training options such as trail running and bootcamp sessions; information on running through pregnancy; facts about barefoot running, minimalist shoes and shorter strides lengths, plus links to online sources of information and running communities. Combining advice from the experts, training tips and testimonials from runners of all ages, *The Beginning Runner's Handbook* is a step-by-step road map for achieving running success.

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