



Manual Run Race Technogym

Sean Fishpool, Sean Keogh

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

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most popular ways to stay fit Although it may seem that we can all run there is much to learn whether for beginners or seasoned runners The Running Manual covers everything from sprinting to marathons detailing gait analysis how to train and what to wear It includes the detailed physiology on how the energy systems work and how nutrition should be approached prior to and during training and races This Haynes Manual will appeal to all levels whether young or old new or experienced male or female *RUN Reference Manual* Walter I. Nissen, 1968 *The Complete Long Distance Runner's Manual* Sean Fishpool, Sean Keogh, 2009 back cover presents six graded training schedules to take you from beginner to long distance and even marathon runner includes schedules you can use to build your general fitness level help you lose weight and improve your well being offers expert advice on how to find the right running shoes based on your personal running profile provides essential guidelines for avoiding injury and building fitness safely and effectively More than 150 color photos charts and illustrations front flap Whether you re an absolute beginner or an experienced runner you ll find the advice and

information you need in this book to improve your performance Six graded training schedules take runners from a beginner's regimen all the way to marathon level competition Depending on your current state of fitness and experience you can start with the program that best suits your skill level Authors Sean Fishpool and Sean Keogh also include valuable advice about running shoes with information on available types and tips on making the right choice to suit your personal running style Detailed charts will help you gauge your weekly progress at refresher level intermediate level and marathon level back flap Sean Fishpool is a competition runner and an assistant editor of the U K periodical Runner's World He races all distances from a mile to a full marathon and has competed in eight marathons He enjoys training and working with beginning runners Sean Keogh is a dedicated marathon runner who has recently started a long distance running club in North London He also coaches amateur hockey and has written on physical fitness

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