



# **Runner's World Complete Book on Running: Everything You Need to Know to Run for Fun, Fitness, and Competition**

*Amby (Ed. ) Burfoot*

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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 more than 30 years, Runner's World magazine has been recognized worldwide as the most reliable and authoritative source of running knowledge. And for the past 7 years, Runner's World Complete Book of Running has been the classic book of choice for runners looking to run better, longer, and faster. Inside, all the secrets of running are laid bare. Need to know the best way to start a running program? You'll find it. Looking for tips on buying and preserving your running shoes? They're in there. From a complete look at running injuries to the benefits of sports drinks versus water to the best way to increase your endurance and train for a marathon, look no further than Runner's World Complete Book of Running. Contents include: 1 A surefire plan for beginners to get hooked on running 1 15 surprising foods that boost your running performance 1 Tips for triathletes to maximize their training efficiency 1 11 rules to running a great marathon 1 A women's encyclopedia of running 1 How to incorporate speedwork into your training 1 How to think like a champion 1 How to taper your eating and training before a race Whether you are a beginner or veteran runner, here is the advice-both timeless and cutting-edge-guaranteed to maximize your performance and your running pleasure.



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