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## Running For Dummies

By John Hanc

For Dummies. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 9.1in. x 7.3in. x 0.7in. Running For Dummies is for everyone with a desire to run. If you're a reforming couch potato, it helps ease you into a healthier lifestyle. If you have Olympic aspirations, take a look at different ways to improve your training. This easy-to-understand guide is also for those who want to: Lose weight Decrease blood pressure Live longer Relieve stress Boost creativity Find a fun way to exercise Find dependable guidance for buying running shoes. Explore ways to maximize your training program. Discover the races you'll enjoy running. Coauthored by the World's Fastest Woman and World Record holder Florence (Flo-Jo) Griffith Joyner, Running For Dummies has world-class advice on these topics and many more: Nutrition and weight loss Hitting your stride Speed training Reaching your peak The day of the race Marathon training Identifying and treating injuries Cross-training and treadmill training Running for kids and seniors Run around the block or around town. Tired of pavement Run through the woods. Keep track of your personal progress in handy running logs in the back of the book. Improve your health, feel good about yourself, and have fun! With...



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