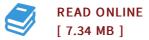


Total Runners Log: The Essential Training Tool for the Runner (3rd Revised edition)

By Sharon Svensson

Trimarket Company. Paperback. Book Condition: new. BRAND NEW, Total Runners Log: The Essential Training Tool for the Runner (3rd Revised edition), Sharon Svensson, This log is a comprehensive 102-page fitness manual and logbook, specifically for runners. Light-weight and easy-to-carry, it is a daily training companion, which is useful every day of the year. Conforming to the latest advances in exercise physiology, it's an indispensable, year-round information source and record keeper. Featuring an undated 53-week logbook with training and racing secrets of top running authorities. You will learn how to: Run faster; Live healthier; Avoid overtraining; Run effective intervals; Develop racing strategies; Prevent burn-out and injury; Improve your speed and endurance; Avoid dehydration in training and racing; Pace for 5 km, 10 km and marathon races.



Reviews

I actually started off looking over this publication. Indeed, it really is play, nevertheless an amazing and interesting literature. Its been printed in an exceedingly basic way and is particularly just right after i finished reading this ebook by which actually altered me, affect the way i believe. -- Toney Bernhard

Absolutely essential study book. It is loaded with wisdom and knowledge I found out this ebook from my i and dad suggested this ebook to understand. -- Dr. Lera Spencer