

The Runners Handbook The Bestselling Classic Fitness Guide For Beginning And Intermediate Runners

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The Runners Handbook The Bestselling

Buy The Runner's Handbook: The Best-selling Classic Fitness Guide for Beginner and Intermediate Runner 3Rev Ed by Glover, Bob, Shepherd, Jack (ISBN: 9780140469301) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

The Runner's Handbook: The Best-selling Classic Fitness ...

He is author of the book The Runner's Handbook: The Bestselling Classic Fitness Guide for Beginning and Intermediate Runners, which is a best-seller trade paperback. Another Glover book, The Competitive Runner's Handbook has sold nearly 200,000 copies. Glover is also notable for his coaching.

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A book that's already sold close to 200,000 copies, The Competitive Runner's Handbook will now offer all the latest information needed to design basic training programs; special workouts to increase strength, endurance, and power; schedules and worksheets to develop individual goals; and specifics on preparing for all kinds of races—with an emphasis on the 10K and the marathon.

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Synopsis In this completely revised and expanded edition of the must-have runner's reference book Bob Glover and Shelly-Ann Florence Glover outline everything you need to train successfully. From the official training program for the New York City Marathon to specific training programs for all levels of runners.

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