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# The Beginning Runner's Handbook: The Proven 13-Week RunWalk Program



## Synopsis

This easy-to-use, practical guide helps runners safely build strength and endurance, get motivated and set realistic goals, choose the proper footwear and clothing, eat right, and avoid injury. Completely updated, this fourth edition contains a wealth of new material. A revised RunWalk program gives runners a choice between running 10K or covering the distance by running and walking. A whole new chapter on preparing for charity runs reflects the popularity of getting fit while giving back to the community. There are expanded and enhanced sections with cross-training options such as trail running and bootcamp sessions; information on running through pregnancy; facts about barefoot running, minimalist shoes and shorter strides lengths, plus links to online sources of information and running communities. Combining advice from the experts, training tips and testimonials from runners of all ages, The Beginning Runner's Handbook is a step-by-step road map for achieving running success.

## Book Information

Series: Beginning Runner's Handbook

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## Customer Reviews

I came across the title of this book while searching online for running plans that would ease me back into running. It's been seven years since I last ran and over those years I have been sitting at a desk in front of a computer. I am now on Week 7 of the program and hope to take part in the Great Ethiopian Run (10k) in November. When I first read through the sections I thought it didn't have enough information to warrant the title of 'Beginner's' handbook, but with hindsight I see that it actually does have everything I need. The book covers topics including clothing, what to eat, best

times to run and even includes a few safety tips. The book promises to deliver a plan that gradually increases your body's strength and endurance without subjecting it to undue stress. Seven weeks into the program I can truthfully say that it does deliver. The added advantage is that your body doesn't wear out after a couple of runs so you tend to stick with the program longer. The book also goes beyond the 13-week period and includes advice on what to do after you've completed the training. It also includes a complete 13-week run faster program which is something I'm looking forward to doing after I complete the initial 13-week program. The only negative thing I can say about the handbook is that the stretches are not illustrated. Though the instructions are pretty clear I personally find it easier to do a new stretch if I have an illustration to guide me. And since it is a book designed for beginners I believe illustrations would have made a sensible addition. Other than that I have nothing to complain about. There are other books that promise results faster.

If you are a TRUE beginning runner then THIS is your book. If you want to run a 5k or 10k and you are a couch potato this is your book. Combine this (if you like) with one of the Couch to 5 K Apps on Android or Iphone and a good yoga/stretching program and you are all set. This is a gem that takes you through running slowly - both in pace and in understanding. It actually is quite expansive in the running/training plan part and so you feel more like this is a coaching book and less of a reference book. It has, I believe, the best introductory program for folks who really are not fit but who want to be. I think some of the other books take you too far too fast - risking injury and burn out and just plain cannot do this problem. Not this one. This also has some stories in it - which I often find distracting (just tell me already!) but this one has just enough not to make you have to dig for info. A clear table of contents as well. Having run several 5K's and now training for a marathon/half marathon I can say this book helped me a ton. I did combine with the Get Running app on my Iphone which was great for the training part and I also used stretching and yoga from Yoga for Runners which was a real Godsend. Out of all the book's I've read if you are a beginning, have not run before or have not run in many (MANY!) years this is the book I'd pick up. The other book that I really liked (and which is illustrated and in color if that's your thing) is Runner's World Complete Book of Beginning Running which is also excellent. The latter more so for some alternative treatments for injuries. Since I do tend to be obsessive I bought both - and enjoyed reading each one.

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