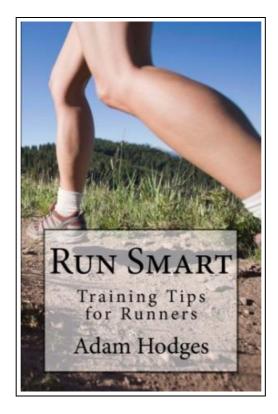
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Reviews

Completely essential study publication. Better then never, though i am quite late in start reading this one. I am very easily could get a delight of reading a composed publication.

(Marilyne Macejkovic)

RUN SMART: TRAINING TIPS FOR RUNNERS (PAPERBACK)



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Alp Multisport Publications, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In Run Smart, XTERRA trail run champion and running coach, Adam Hodges, passes along decades of knowledge he has gleaned from competing and coaching in the sport. Topics cover various dimensions of running, including goal setting, mental skills, training principles, warmup protocols, running drills, functional strength, running form, running shoes, nutrition, hydration, recovery, and sleep. Each chapter consists of a concise, selfcontained article that addresses a different aspect of a topic, making this book a valuable reference guide for new and experienced runners alike. Whether you run competitively or for fitness, you will find valuable information to help you run smart and take your running to the next level.



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