

Learn to Run / Running Gifts (\$14.99/?10.49). A Beginners Common Sense Guide to Running Progression. Running is one of the healthiest, cheapest and most accessible hobbies around. It does bring with it, however, several challenges that many who begin running may not have thought about before embarking upon their training regime. With years of first-hand running experience, and having trained athletes of all distances and abilities for over 15 years from total beginner up to International level, Momentum Sports has aimed to give you advice on all aspects of your new sport. Throughout "Learn to Run"™ you will find friendly, practical advice on many different subjects, including: ¢ What sessions to do on your first week. ¢ How to create a training plan that will progress your running gradually and sustainably. ¢ How to warm up effectively to minimise risk of injury. ¢ Drills that will help your flexibility and speed. ¢ What clothing to buy and what to avoid. ¢ How to cope with injuries. ¢ What professional advice you may want to seek. Editorial Reviews "Richard Holt and Chris Hall bring over 50 years of running experience and coaching to their book, A Common Sense Beginners Guide to Running. And it shows. The book fits a niche in the instructional running book market as it is aimed at the newbie rather than the more experienced runner. Its designed to take the budding runner through all the steps needed to make them a runner. These steps include equipment and shoe choice, whether to compete and if so whats available, running technique, types of running workouts and relevant strength training, how to avoid injury, how to progress training and how to fuel your running. A Common Sense Beginners Guide to Running is a very extensive book for its target audience and is written in a clear, concise and non-overly technical style. There are illustrations and photos to assist understanding. All-in-all this book will be the friend that supports the fledgling runner on their path to becoming a runner."™ John Shepherd, editor of ultra-FIT magazine and the author of seven books on sports and fitness and coach to international athletes. "As an international athlete, I know the importance of approaching my training in the correct way. This book provides the beginner runner with all they need to do this and the more experienced runner a checklist; thus those of all abilities can be sure that they have all they need in place to get the most out of our fabulous sport. Richard and Chris bring their expertise as coaches and experience as accomplished runners to the reader on every page."™ Lucy Macalister, British International Marathon Runner

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