



Getting Real About Running: Expert Advice on Being a Committed Athlete

Gordon Bakoulis

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RUN FOR YOUR LIFE

In more than twenty years as a runner and a coach, top marathoner Gordon Bakoulis has tackled almost every problem a runner can face. Now in her accessible, inspiring new book, Bakoulis becomes your personal coach and mentor, preparing you to meet the exhilarating challenges of running. She discusses everything a runner must know, including:

SETTING UP A PROGRAM: Three-month, six-month, and one-year training cycles; the importance of rest and downtime.

CHOOSING EQUIPMENT: Foot types and finding shoes that meet your unique biomedical needs; the latest apparel for hot-and-cold-weather running.

COMMON INJURIES AND HOW TO AVOID THEM: Runner's knee, heel spurs, shin splints; the benefits of stretches, massage, and yoga.

FUELING YOUR BODY: Diets for different lifestyles and fitness levels; easy, nutritious recipes.

THE SCIENCE OF RUNNING: the "hard-easy" approach to training.

RUNNING WITH (AND FOR) YOUR HEAD: How running can make you feel more sane and alive, with mantras used by champions.

CHILDREN WHO RUN: An illustrated discussion of the special concerns of runners from 6 to 18.

RUNNING AND AGING: Advice for runners over 50, with profiles of senior runners.

PLUS? Pace charts, mile/kilometer conversion, and running resources and organizations.

Getting Real About Running gets down to the real nitty-gritty of this most satisfying of sports. Here's a book that's worth its weight in gold medals!

From the Trade Paperback edition.

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Emily Walker:

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Keith Abell:

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Amy Lewis:

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know that on this time, many ways to get whatever we want. Likewise word says, ways to reach Chinese's country. Therefore , this Getting Real About Running: Expert Advice on Being a Committed Athlete can make you feel more interested to read.

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