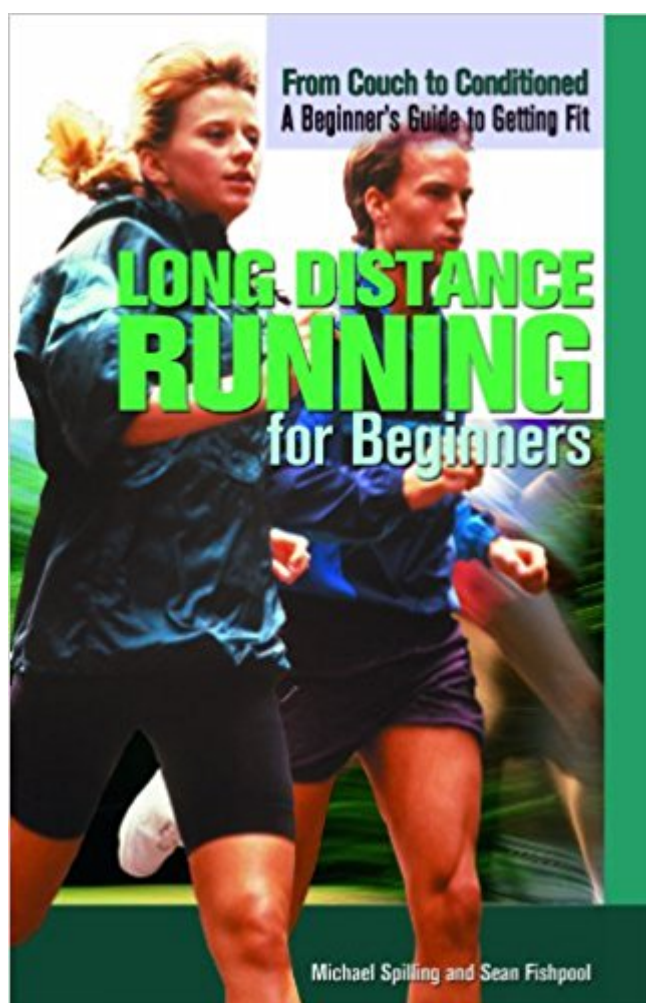


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# Long Distance Running For Beginners (From Couch To Conditioned: A Beginner's Guide To Getting Fit)



## Synopsis

Inspiration is easily found through this unique training manual for long distance runners of all abilities, with special focus on the beginning runner. Readers get prepared for anything, from a typical 5K run to a full marathon. Each level of progression includes a fitness schedule and one or more race schedules (5K, 10K, half-marathon, marathon). This guide also includes assessment programs, diet and nutrition guides, strategies for avoiding and coping with injuries, and tips on proper clothing and equipment.

## Book Information

Series: From Couch to Conditioned: A Beginner's Guide to Getting Fit

Hardcover: 96 pages

Publisher: Rosen Classroom (August 15, 2011)

Language: English

ISBN-10: 1448848148

ISBN-13: 978-1448848140

Product Dimensions: 9 x 6.1 x 0.4 inches

Shipping Weight: 11.2 ounces

Average Customer Review: Be the first to review this item

Best Sellers Rank: #5,616,138 in Books (See Top 100 in Books) #22 in [Books > Teens > Sports & Outdoors > Track & Field](#) #111 in [Books > Teens > Personal Health > Fitness & Exercise](#) #552 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#)

Age Range: 12 - 15 years

Grade Level: 7 - 10

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