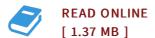




The Little Red Book of Running (Paperback)

By Scott Douglas

Skyhorse Publishing, United States, 2016. Paperback. Book Condition: New. Reprint. 178 x 127 mm. Language: English. Brand New Book. In The Little Red Book of Running, renowned running writer writer Scott Douglas delivers the advice that he s compiled from interacting with some of the world s most distinguished coaches and laureled runners. With 250 tips covering every aspect of running, this pocket-sized book of wisdom is the next best thing to having a personal running coach. Within these pages you ll find: * Advice on how to healthily increase your weekly mileage * Expert guidance on how to boost your overall speed * Recommendations for choosing the best sneaker for your foot * Suggestions for staying motivated through injury * And 246 more tips for becoming a better runner! Broken down into comprehensive topics that cover all aspects of running--from determining your weekly mileage to running a personal best--The Little Red Book of Running is sure to quickly become a runner s new best friend. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports--books about baseball, pro football, college football, pro and college basketball, hockey,...



Reviews

Extensive guideline! Its this sort of excellent read. it had been writtern quite properly and helpful. You can expect to like just how the writer create this book.

-- Mr. Gustave Gerhold

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

-- Dr. Kadin Hane DVM