



## 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,...



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### 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**