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# Runner's World Complete Book Of Women's Running: The Best Advice To Get Started, Stay Motivated, Lose Weight, Run Injury-Free, Be Safe, And Train For Any Distance



## Synopsis

Newly revised, this is the most up-to-date, practical guide ever published for women runners of every level. Today, women make up more than half of the nation's runners. And, as more and more women have hit the roads and trails and laced up for 5-Ks and marathons, the research showing the effects of running on the female body has grown significantly, too. The truth is that even though the gap between men's and women's world best times is shrinking, the latest scientific evidence shows that running is a dramatically different experience for women than men's—physically, mentally, and emotionally. That's why it's time for an expert guide created especially for women runners.

Introducing *Runner's World Complete Book of Women's Running*. Inside, it's chock-full of brand-new tips, the latest research, and contributions from more than 100 experts, addressing all of the special needs of women runners, including strategies to help you: Train for any race, from a 5K to a marathon Eat nutritiously and for maximum energy Lose weight permanently Deal with self-consciousness and body image Run during pregnancy and through menopause Choose the best clothes and accessories Run anywhere safely Prevent and treat injuries, especially those that women are most likely to encounter With clear photographs, running sidebars, and testimonials from women runners of all ages and abilities, this comprehensive resource provides the most current practical advice available anywhere for women runners of all levels. The accompanying reference guide is included as a PDF on this disc.

## Book Information

Audio CD

Publisher: Audible Studios on Brilliance Audio; MP3 Una edition (June 14, 2016)

Language: English

ISBN-10: 1522668365

ISBN-13: 978-1522668367

Product Dimensions: 5.2 x 0.5 x 6.8 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 122 customer reviews

Best Sellers Rank: #1,235,248 in Books (See Top 100 in Books) #115 in [Books > Books on CD > Sports & Outdoors](#) #370 in [Books > Sports & Outdoors > Other Team Sports > Track & Field](#) #1537 in [Books > Sports & Outdoors > Coaching > Training & Conditioning](#)

## Customer Reviews

Here, in one neat package, is pretty much everything you need to know about trail running--running,

that is, on dirt trails, not pavement. It isn't (or, at least, it doesn't have to be) torture, endless hours of negotiating tricky mountain paths and inclement weather. Trail running is, we're told, less hazardous, less painful, and less exhausting than pavement-pounding. It's all about relaxation and communing with nature. The book is full of tips, some of them presented in a helpful, question-and-answer format; there's an excellent chapter on outfitting yourself for trail running; another on how best to train before a run; another on preparing, if you're so inclined, for a marathon. The author, a longtime trail runner, approaches the subject from a commonsensical, practical angle, avoiding pseudophilosophical claptrap about the deep meaning of running. Instead, he offers a hands-on, nuts-and-bolts, filled-to-the-brim users' manual that targets both veteran and beginning trail runners. David PittCopyright © American Library Association. All rights reserved --This text refers to an out of print or unavailable edition of this title.

Runner's WorldComplete Book of Women's RunningThe Best Advice to Get Started, Stay Motivated, Lose Weight, Run Injury-Free, Be Safe, and Train for Any Distance"Listen to those millions of women runners. Listen to their quiet breaths as they talk in predawn pairs, before the rest of the family wakes-- the lessons and questions they share to the rhythm of steady footsteps. 'I never thought I could...' 'I feel so much stronger...' 'I'm ready to take on a new challenge...'Women develop a special sorority on the roads. This bond is an understanding based on acceptance, an appreciation of how far they have come, a knowing wink that says how much is yet to be gained. And so they talk and share and grow-- and run. Singly and in groups, swiftly and slowly, they run."--Dagny ScottChoose the best clothes and accessories \* Lose weight permanently \* Train for any race, from a 5-K to a marathon \* Run through Menopause \* Be safe wherever you run \* Deal with self-consciousness and body image \* Prevent and treat injuries \* Run during pregnancy \* Eat for maximum energy --This text refers to an out of print or unavailable edition of this title.

Warning: this book was written in 2007....there are a lot of outdated ideas in here. Also, this might be OK for a real beginning runner, but there is not much of use to anyone who has been running for even a bit. Very rudimentary. Sorry to the author, but I think Runners World missed the mark on this one...

If you're new to running, I can't recommend this book enough. Not only does it provide helpful and accurate information about which kind of shoes to buy for your foot, it also eases you into the sport so that you don't want to quit or give up. For example, Barrios recommends starting by running for

three minute intervals until you can work up to a half an hour. I remember how awesome I felt when I ran for a straight half an hour the first time. I have a tendency to get frustrated with myself and want to quit if I feel like I'm not getting far enough fast enough, but this plan was just right for keeping me on track. She also gives advice for more advanced runners later in the book.

I am very happy with this purchase. I am and at the same time am not exactly a beginning runner as I run comfortably a few times a month for a few miles but it is not habitual. This book was great as I have never learned techniques or tips about how to run, when to run, what to eat and other tricks of the trade. The author also gives enough inspiration in her writing that I was amused while reading it. I decided to train for a half marathon and I think the different stages of running for people are described and discussed well. There were chapters chapters I didn't relate to but it only reinforced the point that everyone is different when it comes to running and the author is able to capture and describe these differences. Overall, I would suggest buying this.

This book was exactly what I needed. I have run off and on for years for "fun", but have never had any real "training" on how to run. I've recently set the goal to run a 5K and I was looking for a book that could teach me both at a beginner level and at an intermediate level. [Just in case I go crazy and decide to do a marathon at some point. :) ]. This book was exactly what I needed. The author starts with the very basic things [like picking a good running shoe]. She gives great training advice and training schedules for beginning runners. Then she proceeds to give advice and help to more advanced runners. The book is very thorough and complete and I think even a very experienced runner could learn some things from reading this book. I also thought this book was very motivating - it really made me feel empowered to strive for my goal [despite being a somewhat "old" runner at age 40]. This is an excellent, helpful, well written, and easy to read "all purpose" guide for women who want to run.

I found this book to be immensely helpful as I started out as a runner. I am still in my first year of running and use it as a reference all the time. I used the couch to 5K schedule and the intermediate schedule as a guide before my half marathon training. The only thing I wished it had was a half-marathon schedule for beginners. I had to go elsewhere for that. However, overall I felt this book was extremely helpful and I'm happy I bought it.

This book is a great way to stay motivated. I refer to this book many times to learn new strength

training exercises, training plans, and overall just to stay motivated. The personal examples are very encouraging too; no one wants to be told all the time that sneaking some chocolate or rolls with butter (in moderation) is horrible; people want and need someone to say it's OK if you indulge sometimes, but now it's time to get back on the program. I'd recommend this for anyone starting out on running or just trying to enhance their running skills.

I became a runner later in life and started running because it is inexpensive and convenient. I have been an intermediate runner for the last 4 years and have completed 2 half-marathons. Last year I hit a rut and lost my motivation to run. I enjoy the feeling of running consistently and needed something to help me get back into running again. This book provides a good background on women and running, and has helped me understand that we all go through our peaks and valleys with our training. The chapters that cover walking to jogging and jogging to running has reminded me of the fundamentals that I need to get back into a consistent running schedule.

This is a great book, I found it to be very informative and helpful anyone needing information regarding beginning or even if your an experienced runner this book would be very helpful. Can't ever get enough information when entering a new experience to prevent accidents or problems, really happy I found this book.

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