



## From Couch Potato to Running 13.1 Miles: Your Guide to Running a Half Marathon (Paperback)

By Dr Trevor J Price

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Written in a really easy-to-use way, this book is a lay person s guide to why we should all run more - just in case you need convincing. This book is split into the following easy-to-follow sections: what running physiology is all about - so that you know what affects running has on your body; running environment - so you know where s best to run; running equipment - so you can get an added advantage with the best, most comfortable and useful kit; and running psychology - so you can keep happy and motivated to run. This book clearly explains the factors that affect your ability to run well and so are useful things that all runners should know before taking their first running steps. Also collected together here in this convenient and easy to use format are insights from sports scientists, up-to-date and current research findings and the distilled experiences of running professionals. It s up to you now to share in the joy, the exhilaration, the sweat, the aches and the pains that running has to offer!.



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