



# Running: The Complete Guide To Building Your Running Program

*John Stanton*

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## **Running: The Complete Guide To Building Your Running Program** John Stanton

Running, the simple act of putting one foot in front of the other, is truly a life-changing experience. It starts with those basic steps and soon becomes the adventure of a lifetime. Now, in the *Running Room's Book on Running*, veteran runner/author John Stanton offers expert advice to help you get the most from your running. This wonderfully illustrated book answers all your questions about running, including:

- Getting started and keeping it fun
- Building a program that works with your lifestyle
- Picking the right gear
- Running form, posture and breathing
- Heart rate training made clear
- Types of running—what to do and how to do it
- Nutrition for the runner
- Strength and cross-training—easy to manage exercise routines
- Women's issues related to running and running during pregnancy
- Avoiding and dealing with injuries
- Mental preparation and the psychology of running
- Tips for race day

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