



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

Dagny Scott Barrios

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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 - 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.

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From reader reviews:

James Reveles:

Have you spare time to get a day? What do you do when you have much more or little spare time? That's why, you can choose the suitable activity intended for spend your time. Any person spent their own spare time to take a stroll, shopping, or went to the Mall. How about open or read a book entitled 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? Maybe it is being best activity for you. You know beside you can spend your time together with your favorite's book, you can better than before. Do you agree with its opinion or you have additional opinion?

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Carol Benally:

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Wayne Kong:

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