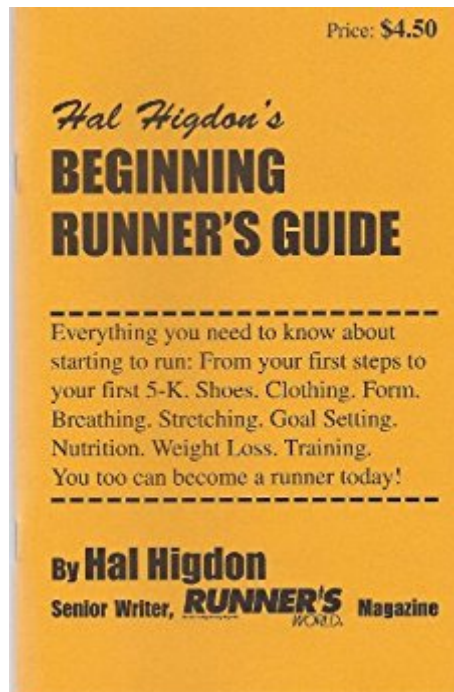## The book was found

Beginning Runner's Guide

Synopsis

Hal Higdonâ ™s Beginning Runnerâ ™s Guide is a compact booklet (32 pages in its print edition) that tells you all you need to know about starting to run. Everything from what clothes to wear to what steps to take to how to enter your first 5-K. Beginning Runnerâ ™s Guide will not tell you how to train for a marathon, but if you follow its simple instructions, it will get you to the point where you can at least consider that idea.

Book Information

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Customer Reviews

This book was just what I needed to answer some high-level questions. I'm heading in the right direction and will definitely seek out his other books for more detail.

I love this book because is short and direct to the point for 5K training.But disadvantage of this book has not a table or chart for running tips.

Like it

It has a lot of helpful tips to get a new runner started.

This book is an easy and to the point read. It is a great introduction to Hal Higdin and his theory on training.

Very simple to read and understand. Highly recommend for beginning runners as there are lots of practical tips and info.

Downloaded this to my kindle for iPad, and finished in about half an hour. Quick read for a newbie runner, giving me motivation and realistic expectations as I prepare for my first marathon.

Hits many of the highlights of my favorite book, Run Fast...just way less on doped work (as it should be). A good book to read prior to each cross season.

Runner's World Runner's Diet: The Ultimate Eating Plan That Will Make Every Runner (and Walker) Leaner, Faster, and Fitter The Maze Runner (Maze Runner, Book One) (The Maze Runner Series) Runner's World The Runner's Body: How the Latest Exercise Science Can Help You Run Stronger, Longer, and Faster Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary FIRST Training Program Runner's World Training Journal: A Daily Dose of Motivation, Training Tips & Running Wisdom for Every Kind of Runner--From Fitness Runners to Competitive Racers Runner's World Train Smart, Run Forever: How to Become a Fit and Healthy Lifelong Runner by Following The Innovative 7-Hour Workout Week The Maze Runner: Maze Runner, Book 1 Retrofitting Blade Runner: Issues in Ridley Scott's Blade Runner and Phillip K. Dick's Do Androids Dream of Electric Sheep? Retrofitting Blade Runner: Issues in Ridley Scott's Blade Runner and Philip K. Dick's Do Androids Dream of Electric Sheep? Steve, The Minecraft Maze Runner (A Minecraft Parody of The Maze Runner): (An Unofficial Minecraft Book) Do Androids Dream of Electric Sheep?: The inspiration for the films Blade Runner and Blade Runner 2049 The Maze Runner Series (Maze Runner) The Maze Runner (The Maze Runner, Book 1) Beginning Runner's Guide Beginning World Music for Piano: Beginning Piano Series Experiencing Choral Music, Beginning Unison 2-Part/3-Part, Student Edition (EXPERIENCING CHORAL MUSIC BEGINNING SE) The Beginning Band Fun Book's

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