

5k And 10k: From Start To Finish - Graeme Hilditch

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Everyone knows someone who has recently taken part in a 5k or 10k charity run, and jogging and running are as popular as ever. This accessible book is designed for those novice runners who plan to take part in a 5k or 10k race - whether running, jogging or even walking the course. In partnership with Cancer Research UK, whose annual Race for Life and Run 10k events have become incredibly popular, it contains a wealth of vital information. From the basics like starting training and what to wear, to staying motivated and what to do on race day, it offers friendly guidance to help novice runners prepare for their race and enjoy themselves in the process. Graeme has planned flexible training plans to suit all levels of fitness and commitment as well as giving advice on avoiding injuries. This is a book for every runner: those taking part in one of the hundreds of different charity events each year; people hoping to improve their health or reduce their waistline; and those who simply want to get round a course in one piece. Whatever the reader wants from their race, this book will set them on the road to success. Author: Hilditch, Graeme Publisher: A&C Black Illustration: N Language: ENG Title: 5k and 10k: From start to finish Pages: 00000 (Encrypted PDF) On Sale: 2012-06-07 SKU-13/ISBN: 9781408127285 Category: Sports & Recreation : Running & Jogging

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