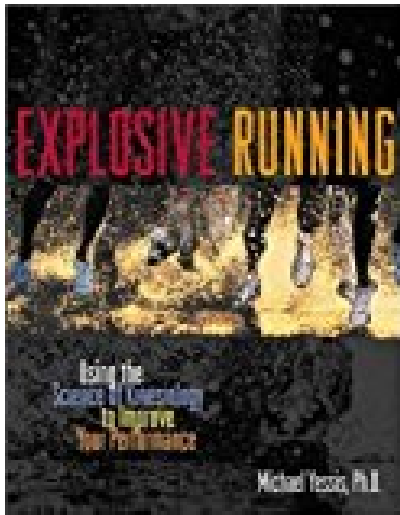


Explosive Running Using the Science of Kinesiology to Improve Your Performance



BOOK DETAILS

- Author : Michael Yessis
- Pages : 192 Pages
- Publisher : McGraw-Hill Companies, Inc.
- Language : English
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BOOK SYNOPSIS

An attainable approach to training for and completing your first marathon Important information on training schedules, nutrition, and injury prevention Valuable advice on race day strategy, post-marathon recovery, and setting your next goal More and more people are realizing that running a marathon is not only achievable, but that training to complete the event can actually be an enjoyable and immensely fulfilling experience. Basic Marathon Training gives novice runners the base of knowledge they need to start training for their first 26.2-mile marathon. Filled with helpful tips and advice, this book provides essential information for beginners to get from the first day of training through to the finish line and beyond.

EXPLOSIVE RUNNING USING THE SCIENCE OF KINESIOLOGY TO

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