



The Secret Book of Running (Paperback)

By Lance Martin

Max Leo Publishing, United States, 2011. Paperback. Book Condition: New. 201 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.The Secret Book of Running is an irreverent training manual for runners of all ability levels, covering everything from the 5K to the marathon. When it comes to the sport of running, it is generally understood that over 99 of all entrants in a competitive race will lose. In non-competitive running, it is generally understood that if a runner finishes their normal route in a slower-than-usual time, they will also feel as if they have lost. The Secret Book of Running is the ultimate irreverent training manual to help runners deal with these feelings of defeat. As funny as it is informational, Martin's guide references common frustrations, observations, and joys that come with the sport. And because of the seemingly constant feeling of failure, his guide to running is also designed to help athletes of all ages and skill levels get the most out of their bodies and improve their performance. Offering myth-busting insights on coaching, nutrition, training methods, and more in an irreverent and approachable style, he speaks the language of runners but with...



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