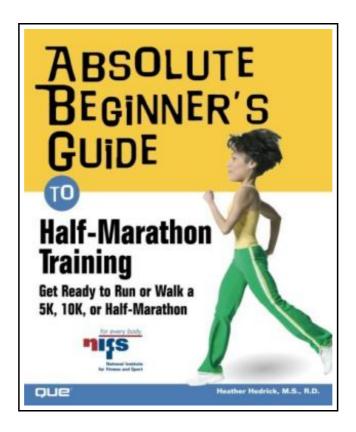
Absolute Beginner's Guide to Half-Marathon Training: Get Ready to Run or Walk a 5K, 8K, 10K or Half-Marathon Race



Filesize: 5.58 MB

Reviews

It in a single of my favorite publication. It really is rally interesting through studying period. Your life period will probably be transform once you total looking at this book.

(Janie Schultz I)

ABSOLUTE BEGINNER'S GUIDE TO HALF-MARATHON TRAINING: GET READY TO RUN OR WALK A 5K, 8K, 10K OR HALF-MARATHON RACE



Que Publishing, 2005. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: 1. Introduction. What Are the Benefits of Walking and Running? Who Can Train and Successfully Complete a 5K, 10K, or Half-Marathon? Why Should You Follow the National Institute for Fitness and Sports (NIFS) Training Programs? How Did NIFS Originate? How Does NIFS Accomplish Its Mission? What Is the NIFS Mini Marathon Training Program? What Are the Unique Features of This Book? 2. Getting Started. What Should You Consider Before Starting Your Training? What Is the Importance of Setting Goals? Specific and Clearly Defined Goals. Measurable Goals. Attainable but Challenging Goals. Reward Yourself. Time-Based Goals. What Are Your Goals? What Are Your Short-Term Goals? What Are Your Intermediate Goals? What Are Your Long-Term Goals? How Are You Going to Accomplish Your Goals? How Are You Going to Accomplish Your Short-Term Goals? How Are You Going to Accomplish Your Intermediate Goals? How Are You Going to Accomplish Your Long-Term Goals? What Obstacles Might You Encounter in Your Quest to Accomplish Your Goals? How Can You Track Your Progress? How Can You Use the Training Logs in This Book? How Can You Use the Nutrition Logs in This Book? 3. Choosing Your Program. How Do You Choose the Program That Is Best Suited for You? Is a Fitness Walking Protocol Right for You? Is a Run/Walk Protocol Right for You? Is an Experienced Exerciser Protocol Right for You? How Can You Determine Exercise Intensity? How Can You Establish Your Target Heart Rate Ranges? How Can You Use the Rating of Perceived Exertion Scale? Can Pace Be Used in Conjunction with Heart Rate and RPE to Measure Walking and Running Intensity? What Is Cross Training and Why Is It Important? 4. Safety Precautions. How Do You Choose...

Read Absolute Beginner's Guide to Half-Marathon Training: Get Ready to Run or Walk a 5K, 8K, 10K or Half-Marathon Race Online

Download PDF Absolute Beginner's Guide to Half-Marathon Training: Get Ready to Run or Walk a 5K, 8K, 10K or Half-Marathon Race

Related eBooks



Maisy's Christmas Tree

Candlewick, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: The final scene of the gang caroling around the tree, complete with paper crowns from British Christmas crackers, is...

Download ePub »



Grandpa Spanielson's Chicken Pox Stories: Story #1: The Octopus (I Can Read Book 2)

HarperCollins, 2005. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+Customer Service! Summary: Foreword by Raph Koster. Introduction. I. EXECUTIVE CONSIDERATIONS. 1. The Market. Do We Enter the Market? Basic Considerations. How...

Download ePub »



Star Flights Bedtime Spaceship: Journey Through Space While Drifting Off to Sleep

CreateSpace Independent Publishing Platform, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Star Flights Bedtime Spaceship" is a charming and fun story with the purpose to help children...

Download ePub »



The Web Collection Revealed, Premium Edition: Adobe Dreamweaver CS6, Flash CS6, and Photoshop CS6 (Stay Current with Adobe Creative Cloud)

Cengage Learning, 2012. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: You can now maximize and integrate the design and development power of Adobe Creative Suite 6 with WEB...

Download ePub »



It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating...

Download ePub »