Win at All Costs, recently released by Matt Hart, provides an insightful look into Nike's secretive running program, the Nike Oregon Project. It details an investigation by the US Anti-Doping Agency (USADA) into Head Coach Alberto Salazar and his practices with some Nike athletes. This is a complete book on running, suitable for everyday runners everywhere.

You can listen to our discussion at: https://runningbookreviews.buzzsprout.com/.../5701618-run-to-...

Thanks to @hachettebooks for the review copy and putting us in contact with the author @runtothefinish.

Running: The Complete Guide to Building Your Running Program, by John Stanton. This book is packed with information for runners of all abilities. It covers:
- Getting started and keeping it fun
- Building a program that works with your lifestyle
- Picking the right gear
- Running form, posture and breathing
- Heart rate training made clear
- Types of running: what to do and how to do it
- Nutrition for the runner
- Strength and cross-training: easy to manage exercise routines
- Women's issues related to running and running during pregnancy
- Avoiding

Beginner running plans: start running today with our beginner running plans. From a pre-run walk plan to a run-walk plan, here's how to get started.

Build a support system: Equip your routine with things that will make you feel good, says Duhigg. Run with friends or go to a parkrun, and track your miles so you can see your progress. Your goal is to: just get moving. Before your first run, get into the regular exercise habit by walking. This should be a brisk walk, not a race walk, but not a window-shopping walk either, says Steven Blair, professor of exercise science at the University of South Carolina, US. You can also use a stationary bike or elliptical trainer, but walking is an excellent foundation for running and holds the conveni