

The Ultimate Beginners Running Guide: The Key To Running Inspired, 140 pages, Gravity Ink Books, 2012, Ryan Robert, 2012

1. The Ultimate Beginners Running Guide by Ryan Robert. Ryan Robert is an avid runner and want to encourage non-runners to get into the sport. If you're new to running or just going through a bit of a slump, its motivating, conversational tone will be an instant pick-me-up. Runners who are short on time will appreciate the way this book is set out. It's a training guide with techniques, schedules, and guidelines simplified to the extent that all you need to worry about is how many minutes you're running for. Although this book does offer some nutritional advice, tips for new moms and single parents, and how to train while traveling, it's really aimed at helping you get the most out of just 30 minutes of training per day. 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. The keys to success: Get checked: If you're over 40, have a BMI of 35 or higher, or family history of heart disease, talk to your doctor before you start exercising. Get good gear: Resist the lure of the old trainers languishing in your wardrobe - even for walking. Worn-out or ill-fitting shoes are a recipe for injury. Go to a specialist running shop to get a pair with the fit and support you need. There's no magical shoe that makes running easier, but a bad shoe will ruin your running, says physiotherapist Bruce Wilk. Also, invest in socks made from technical sweat-wicking fabric to avoid g Running Inspired provides a wealth of information for the non-runner and beginningrunner. The book covers everything from proper form, to shoes, to running schedules, and food. There is also information on how to stay motivated including visualization exercises. These are the tools Ryan used to teach his niece to run inspired and they will help you too. Ryan's writing style is friendly, easy to read, and non-judgmental. If you have ever thought about running, even if you've never tried it, Running Inspired is the perfect place to start. Product Identifiers. Publisher. Runner's World Complete Book of Women's Running: The Best Advice to Get Started, Stay Motivated, Lose Weight, Run Injury-Free, Be Safe, and Train for Any Distance. Dagny Scott Barrios. 4.5 out of 5 stars 178. I turned to Running Inspired to find the confidence I needed to start over as well as expert tips on training, gear, nutrition and hydration. Most importantly, this book helped me to stay motivated and reach my goals. I downloaded a fair few samples on my Kindle and the Ultimate Beginners Guide was my favorite by far, so I bought it. I loved that it was accessible, easy to read even when it came to pretty technical stuff; and it was not repetitive (which is often the case with "how to" books). As beginner runners we can become so caught up in the details of the sport and getting ready to exercise that we forget that all we really need are a pair of sneakers and some open ground to run across. The term running as a "sport" is used very loosely - running is also a hobby, a way to meditate, or a simple way to achieve goals without videos, programs, or expensive gym memberships. There are three major things to remember, which will be repeated throughout this book: Use a running journal, either online or a paper copy; find a good running club or running mentor, either online or in person; ... Hopefully this book will help to dismiss these niggling questions and inspire you to get out there and get running.