

The Beginning Runner's Handbook: The Proven 13-Week Walk/Run Program // Ian MacNeill // 9781926812014 // 224 pages // 2005 // D&M Publishers Incorporated, 2005

The moderate, 13-week walk/run program and the guidance offered in this book equip an aspiring runner with the knowledge essential to achieving his or her goal in manageable stages, with minimal risk of injury. As a former Olympic runner, and coach to dozens of Olympic runners over the past 55 years, I believe in the intrinsic value of running. But as a sport medicine specialist, I know that most of the more than half-million patients entering the clinic with which I am associated have been runners. Had they followed a program like the one presented here, it is far less likely that they would : Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program Bil Anger Management Course and Training - Complete Handbook for Running your Own Anger Management Workshops with Proven Techniques and Exercises. 150 Pages•2008•6.63 MB•3,825 Downloads•New! Anger Management Course and Training - Complete Handbook for Running your Own Anger Management Parenting the Strong-Willed Child: The Clinically Proven Five-Week Program for Parents of Two. 288 Pages•2010•1.31 MB•3,843 Downloads•New! A clinically proven, five-week program for improving your child's behavior Following the Walk/Run Program 2.0 will let you easily work up to non-stop running for however long you want no matter your background - without injury. The basic format for a beginning runner actually has two parts. The first part is ensuring our body is working correctly. There are a number of ways to do this. Week 13 " Jog 60 minutes. That gets us to the end of Stage One. While it may seem like it's a long way to get there, trust me when I say if you're taking up running as an adult, then this will be an injury free way to get you running non-stop for an hour. When I started the actual 13 week walk-run program I HATED RUNNING. I have never enjoyed the mind numbing action of running but now that I have finished the program, I LOVE TO RUN! Yes, I now am addicted to hitting the pavement and/or trails. Currently I am running 5 days a week (about 25 miles a week) and the best part is that the Shin Splints I suffered from throughout my high school tennis and soccer career are a thing of the past! In summary, I wish that the Handbook had explained some alternatives if things do not go well your first week - things to be aware of if you need to cut back and take it slower. Read more. 7 people found this helpful.