

5 Week 10k Training Guide

Bond's Franchise Guide - 1998 Edition Robert E. Bond 1998-05 The bible for anyone who is interested in a franchise, this guide lists over 2,300 franchise opportunities in 54 categories and gives background, capital requirements, details on support and training, and specifics on expansion in the U.S. and Canada. Charts & tables.

The Complete Idiot's Guide to Running, 3rd Edition Bill Rodgers 2010-12-07 The perfect book to get readers up and running—by a major name in marathons The Complete Idiot's Guide® to Running, Third Edition, offers instruction on developing ideal running techniques for personal fitness or competition. Through easy-to-follow steps designed to gradually build their abilities, readers learn how to choose reliable running gear and create an effective training and running program. • Features expert tips on nutrition, reducing stress with exercise, avoiding and treating injuries, and entering 5K, 10K, and half and full marathons • Provides basic training plans and illustrations of stretching positions, muscle diagrams, running apparel, and more

The Competitive Runner's Handbook Bob Glover 1999-04-01 For both runners entering that first neighborhood race and elite marathoners, trainers Bob and Shelly-lynn Florence Glover's completely revised guide is the book on training to compete. A book that's already sold close to 200,000 copies, *The Competitive Runner's Handbook* will now offer all the latest information needed to design basic training programs; special workouts to increase strength, endurance, and power; schedules and worksheets to develop individual goals; and specifics on preparing for all kinds of races—with an emphasis on the 10K and the marathon. Informed by their over thirty years of coaching experience, the Glovers give winning tips on alternative training, footwear and diet, and common injuries and illnesses, as well as sensible advice on balancing running with work and home life.

The New York Road Runners Club Complete Book of Running and Fitness Fred Lebow 1998 This the complete guide to running for everyone from the casual jogger to the ultra marathoner. The latest on training, nutrition and motivation is included here with race calendars, 26-week training programs and lists of contact names.

Daniels' Running Formula Jack Daniels 2022 In the fourth edition of Daniels' Running Formula, legendary running coach Jack Daniels has refined his revolutionary VDOT system, providing more precise training pace plans and expanding coverage of ultradistance training, triathlon preparation, and training in challenging environments.

The New York Road Runners Club Complete Book of Running Fred Lebow 1992 Guide to running with detailed information on cross training, marathon training, and new trends in the field.

Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton 2001 A guide to walking presents a diet and exercise plan, to improve overall health, lose weight, build endurance and speed, and become fit.

The Software Encyclopedia 2001 2001

New York Road Runners Club Complete Book of Running Fred Lebow 1994 The definitive guide to running, from the premier organization in the sport, is now available in an affordable, updated paperback edition. All runners, from weekend joggers to elite athletes, will enjoy and profit from this authoritative book from the world's largest running club. Includes advice, tips and training programs.

Bond's Franchise Guide 2007 Robert E. Bond 2001-03 This definitive resource contains completely updated information regarding franchise companies and opportunities. Includes data on more than 2,000 franchises. 550 illustrations. 15 tables.

Sports and Recreational Activities Dale P. Mood 2003 "This comprehensive text offers fundamental information on forty-three

different sports and recreational activities. Up-to-date material includes an overview of all aspects of the sport including history, equipment, rules, fundamental skills, techniques, etiquette, strategy, teaching considerations, leadup games and reference materials, including videos. Most importantly, this textbook can be used effectively by participants, instructors and instructors-to-be."--Publisher

Bond's Franchise Guide Robert E. Bond 2002-07-26 Bond's Franchise Guide offers the prospective franchisee detailed profiles of over 1,000 franchises, as well as listings of franchise attorneys, consultants and service providers. The companies are divided into 45 distinct business categories for easy comparison. The data represents the most up-to-date, comprehensive and reliable information about this dynamic industry. The profiles are the result of an exhaustive 40-point questionnaire that details: Background - number of operating units, geographic distribution and detailed description of the business. Capital requirements - initial cash investment and total investment, on-going royalty and advertising fees, staffing levels, space needs, etc. Initial training and start-up assistance provided, as well as on-going services. Franchisee evaluation criteria. Specific areas of geographic expansion - U.S., Canada and International. And much more... Book jacket.

Bond's Franchise Guide 2004 Robert E. Bond 2004-03-04 Franchisor profiles, includes franchise attorneys, consultants and service providers.
Runner's World 2001

Run For It Karen Bridson 2002-05-16 This book shows how women can change their lives with running. Running can help combat stress, depression, PMS, menopausal systems and more.

Making the Marathon Your Event Richard Benyo 1992 In easy-to-understand language, Benyo covers preliminaries, preparation, pacing and strategy, and much more. He helps runners tailor a general program to their own particular needs, and backs his recommendations with up-to-the minute resea

Alberto Salazar's Guide to Road Racing Alberto Salazar 2003 Publisher Description

Improving Women's Running Bill Squires 1983

Walk, Jog, Run, for Wellness Patricia A. Floyd 1990

Walk It Off! Mark Fenton 2002

5 Week 10k Training Guide

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