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Running for Women: Ditch the Excuses and Start Loving Your Run (Paperback)

By Danica Newon

Rockridge Press, 2015. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible.

Brand New Book. Down-to-Earth Tips to Embrace Running-at Your Own Pace After losing her mother to cancer, Danica Newon reignited her relationship with running and rediscovered how running provided balance in all areas of her life. Now a high school track coach, Newon shows why running is worth every mile in Running For Women. Runners lose weight, boost energy, get leaner, develop discipline, and cultivate healthy relationships. Newon knows that running for beginners can be intimidating. Running For Women will help you ditch the excuses and commit to a healthy running practice, at any age, any level. This info-packed runner s resource features useful lifestyle tips, targeted running schedules, and valuable injury prevention strategies to get you started. Stay prepped at every step, with: Expert stories and valuable tips from master marathoners Running gear and gadget must-haves for a smooth runFuel-friendly recipes that cover pre-run to post-runTips for running while pregnant and running with baby Running For Women is the book you need to read before you hit the trails or...



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