



Running for Women: Your Complete Guide for a Lifetime of Running

By Jason Karp, Carolyn S. Smith

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Running for Women: Your Complete Guide for a Lifetime of Running, Jason Karp, Carolyn S. Smith, This title offers training guidance for female runners. For those seeking a comprehensive book that appeals to both recreational fitness runners and serious performance runners and that uniquely addresses a female audience, look no further - "Running for Women" is that book. Exercise physiologist Jason Karp has teamed up with physician and USA Track & Field ultramarathon champion Dr. Carolyn Smith to meet this need with "Running for Women", a book that explains the physiology and anatomy of female runners and provides guidance for training differently from men. The book presents guidelines for tailoring training to the menstrual cycle for maximum response and adaptation as well as determining the best times to perform the various types of training outlined in the book. Throughout the book, cutting-edge workouts target various competitive goals like endurance building, speed and strength training, lactate threshold training and VO2max training.

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