



## Fitness Running-3rd Edition

By Richard Brown

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Including personalized workouts and expert advice, *Fitness Running, Third Edition*, contains workouts from one of America's most respected coaches.

Whether you run for health, competition, or both, *Fitness Running* includes proven programs to help you achieve your goals. Color coded and customizable, the 13- to 26-week programs cover base building, fitness, and training for short-distance events, half marathons, and marathons. Each workout is prioritized according to your goal, allowing you the flexibility to tailor the training to your schedule.

More than just workouts, this new edition of the best-selling guide includes individualized testing for assessing running health and log pages for recording runs, results, and health information. It includes recommendations for female runners and the latest information on gear and gadgets, cross-training, stretching, and recovery.

Discover what countless runners already have. *Fitness Running* is the most effective and efficient guide to the best health, times, and finishes of your life. It's the one training book you'll use again and again for a lifetime of running workouts.

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*"Fitness Running will help you put your vision into place, plan your strategy for success, enjoy the process, and have fun."*

**Gabe Jennings--** 1500-Meter U.S. Olympic Trials Champion, 2000

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