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The Runner's Handbook: The Best-selling Classic Fitness ...

He is author of the book The Runner's Handbook: The Bestselling Classic Fitness Guide for Beginning and Intermediate Runners, which is a best-seller trade paperback. Another Glover book, The Competitive Runner's Handbook has sold nearly 200,000 copies. Glover is also notable for his coaching.

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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.

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Synopsis In this completely revised and expanded edition of the must-have runner's reference book Bob Glover and Shelly-Ann Florence Glover outline everything you need to train successfully. From the official training program for the New York City Marathon to specific training programs for all levels of runners.

The Competitive Runner's Handbook: Amazon.co.uk: Glover ...

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