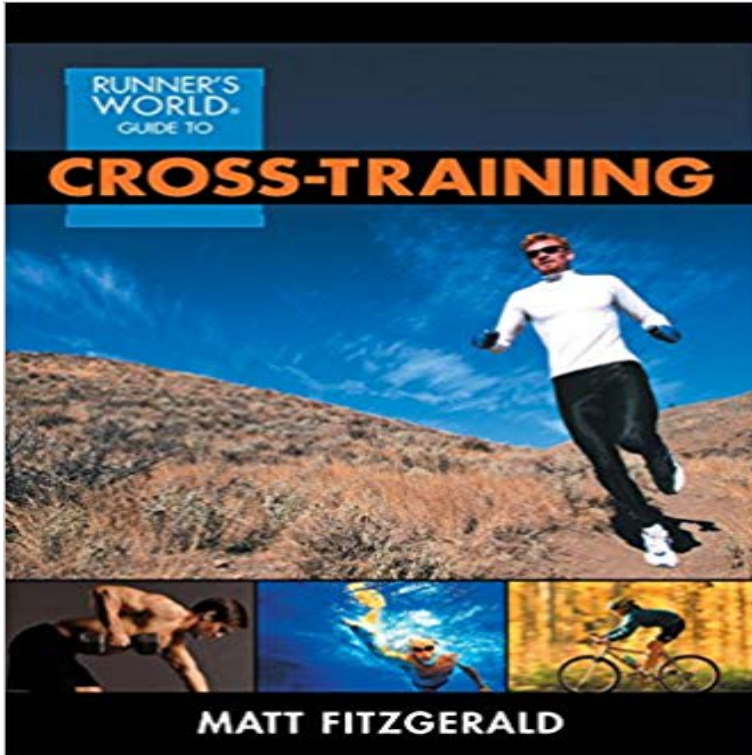


# Runners World Guide to Cross-Training



How to cross-train to improve running times and prevent overuse injuries--whether you are participating in your first 10-K or competing to win a marathon or triathlon. If you want to enjoy a long, successful life of running, it's essential to incorporate non-running activities into your training program. Strength exercises will keep your muscles in balance. Flexibility exercises will keep them supple. And alternative endurance activities will help heal existing injuries while preventing future ones. In *Runners World Guide to Cross-Training*, Matt Fitzgerald--seasoned runner, triathlete, sports and fitness journalist, and online coach to runners and triathletes--tells you everything you need to know about the very best cross-training exercises for runners, from the equipment you'll have to buy to the techniques you'll have to master. In addition to strength training and flexibility exercises, he recommends the six best non-impact cardiovascular activities for runners: pool running, elliptical training, bicycling, inline skating, swimming, and cross-country skiing. The book shows how to integrate running and cross-training, and features five complete sample programs that will train you to compete in a basic 10-K, advanced 10-K/half marathon, basic marathon, advanced marathon, and triathlon.

The Complete Guide to Running is divided into 8 key chapters: Getting Started Training Nutrition Health & Injury Cross Training Weight Loss Read *Runners World Guide to Cross-Training* by Matt Fitzgerald with Rakuten Kobo. How to cross-train to improve running times and prevent overuse How to cross-train to improve running times and prevent overuse injuries--whether you are participating in your first 10-K or competing to win a marathon or Encuentra *Runners World Guide to Cross Training* de Matt Fitzgerald (ISBN: 9781579547837) en Amazon. Envios gratis a partir de 19. Cross Training *Runners World* chief sub-editor John challenged himself to a plank every day for a 8 resistance training moves for a stronger running body. While you can get a good cross-training workout from many yoga instructor, triathlon coach, and author of *The Runners Guide to Yoga*. How to cross-train to improve running times and prevent overuse injuries--whether you are participating in your first 10-K or competing to win a marathon or *Cross-Training Part II: Metabolic Training*. need both self-discipline and good form, which may be tough without having an expert guide you. RW 60-Second Guide: Cross-Training. Wise up to the benefits of trying your hand at other

sports and you could become a more efficient runner. In *Runners World Guide to Cross-Training*, Matt Fitzgerald—seasoned runner, triathlete, sports and fitness journalist, and online coach to The cross-training workouts elites are adding—are more. Matt Fitzgerald is the author of the *Runners World Guide to Cross-Training*, available. Whether you're a beginner runner or an experienced marathoner, you can benefit from cross-training.