



RUNNING SHOES

FOR

HEAVY RUNNERS

The Slower Runners Guide

Arthur J. Amchan



The Slower Runners Guide:

The Slower Runner's Guide Arthur J. Amchan,1985-12-01 A practical runner s manual sprinkled with the author s humor

The Competitive Runner's Handbook Bob Glover,Shelly-lynn Florence Glover,1999-04-01 For both runners entering that first neighborhood race and elite marathoners trainers Bob and Shelly lynn Florence Glover s completely revised guide is the book on training to compete 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 Informed by their over thirty years of coaching experience the Glovers give winning tips on alternative training footwear and diet and common injuries and illnesses as well as sensible advice on balancing running with work and home life

Football, a handbook by dr. [R.W.] Irvine and other authorities, ed. by G.A. Hutchison Football,1887

Instructions in Strawberry Culture E. W. Durand,1876

Handbook of Athletic Sports Ernest Bell,1892

Subject Guide to Books in Print ,1993

Standard Handbook for Mechanical Engineers ,1924

Machinery Lester Gray French,1908

Machinery Fred Herbert Colvin,Lester Gray French,1907

Outdoor Games and Receptions George Andrew Hutchison,William Gilbert Grace,1892

Popular Science Monthly ,1916

The Softball Handbook Susan B. Craig,Ken Johnson,1985 Combining years of experience as coaches and players Susan Craig and Ken Johnson of the University of New Mexico present the most up to date analysis of fastpitch softball fundamentals available today From a detailed progression of the overhand throw hitting fielding pitching catching and baserunning to a a six week practice plan conditioning exercises scouting tips and player evaluation forms this is a valuable training handbook for both men and women

Engineering Record, Building Record and Sanitary Engineer ,1915

Journal of Electricity ,1907

Electrical Journal ,1909

Electrical West ,1907

Journal of Electricity, Power, and Gas ,1909

The Popular Science Monthly ,1916

Power ,1924

Power and the Engineer ,1920

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