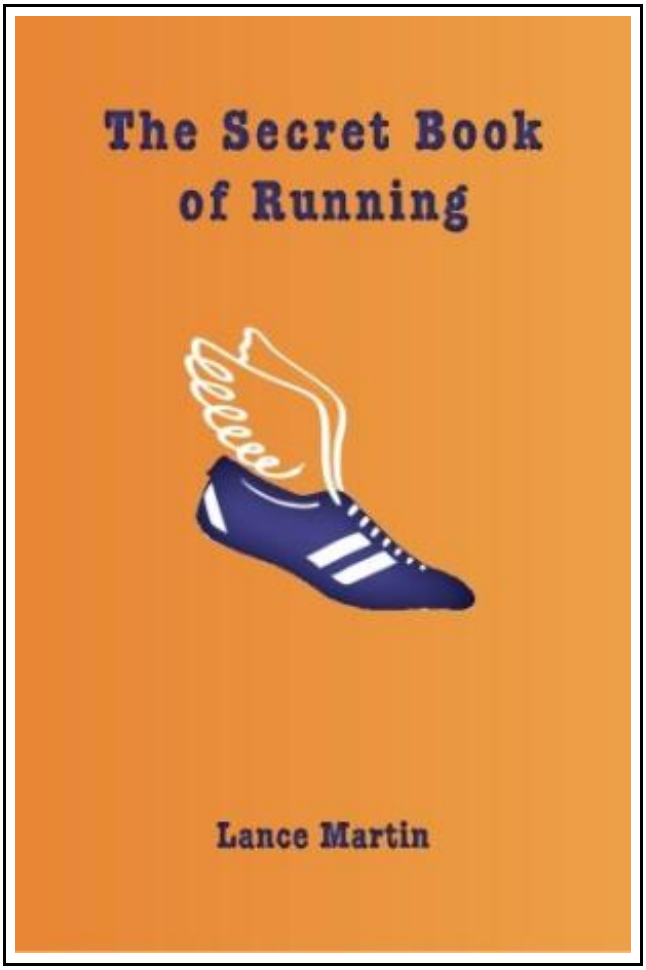
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Max Leo Publishing, United States, 2011. Paperback. Book Condition: New. 201 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.The Secret Book of Running is an irreverent training manual for runners of all ability levels, covering everything from the 5K to the marathon. When it comes to the sport of running, it is generally understood that over 99 of all entrants in a competitive race will lose. In non-competitive running, it is generally understood that if a runner finishes their normal route in a slower-than-usual time, they will also feel as if they have lost. The Secret Book of Running is the ultimate irreverent training manual to help runners deal with these feelings of defeat. As funny as it is informational, Martin s guide references common frustrations, observations, and joys that come with the sport. And because of the seemingly constant feeling of failure, his guide to running is also designed to help athletes of all ages and skill levels get the most out of their bodies and improve their performance. Offering myth-busting insights on coaching, nutrition, training methods, and more in an irreverent and approachable style, he speaks the language of runners but with an accent all his own. In fact, the book promotes the Jealousy, Anger, and Resentment (JAR) method of training to access the emotions needed to fuel your performance, run better than ever, and finally beat your competition. Full of insights and actionable tools and tips, this definitive and definitely hilarious guide for runners of every level is unlike any other running book currently available. A necessity for anyone looking to run their first race, their fastest race ever, or just fast enough to beat their competition, The Secret Book of Running acknowledges that runners are often their own worst enemies...

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