



Runner's World Guide to Cross-Training

Matt Fitzgerald

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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 *Runner's 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.

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