



The Competitive Runner's Handbook: The Bestselling Guide to Running 5Ks through Marathons

Bob Glover, Shelly-Lynn Florence Glover

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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.

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