



Runner's World Guide to Cross-Training

By Matt Fitzgerald

[Download now](#)

[Read Online](#) 

Runner's World Guide to Cross-Training By Matt Fitzgerald

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.

Until now, there hasn't been a credible cross-training book designed especially for runners. With the imprimatur of Runner's World magazine-recognized everywhere as the most authoritative source of information on the sport-this excellent guide will be welcomed by runners at every level as the book to consult for advice on this vital topic.



[Download Runner's World Guide to Cross-Training ...pdf](#)



[Read Online Runner's World Guide to Cross-Training ...pdf](#)

Runner's World Guide to Cross-Training

By Matt Fitzgerald

Runner's World Guide to Cross-Training By Matt Fitzgerald

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.

Until now, there hasn't been a credible cross-training book designed especially for runners. With the imprimatur of Runner's World magazine—recognized everywhere as the most authoritative source of information on the sport—this excellent guide will be welcomed by runners at every level as the book to consult for advice on this vital topic.

Runner's World Guide to Cross-Training By Matt Fitzgerald Bibliography

- Rank: #983845 in Books
- Brand: Brand: Rodale Books
- Published on: 2004-10-15
- Released on: 2004-09-23
- Original language: English
- Number of items: 1
- Dimensions: .36" h x .3" w x 6.33" l, 1.10 pounds
- Binding: Paperback
- 256 pages

 [Download Runner's World Guide to Cross-Training ...pdf](#)

 [Read Online Runner's World Guide to Cross-Training ...pdf](#)

Download and Read Free Online Runner's World Guide to Cross-Training By Matt Fitzgerald

Editorial Review

About the Author

Matt Fitzgerald is a runner, triathlete, and coach. A former editor and current contributor for *Triathlete* magazine, he writes articles for national publications such as *Men's Health*, *Men's Fitness*, *Outside*, *Stuff*, *Maxim*, *Fitness Runner*, and the *Runner's World* Web site; and serves as managing editor of the sports nutrition Web site *Powering Muscles*. He lives in San Diego.

Users Review

From reader reviews:

Malissa Conlin:

In other case, little men and women like to read book Runner's World Guide to Cross-Training. You can choose the best book if you want reading a book. Provided that we know about how is important a book Runner's World Guide to Cross-Training. You can add understanding and of course you can around the world by the book. Absolutely right, simply because from book you can recognize everything! From your country until foreign or abroad you will be known. About simple point until wonderful thing you could know that. In this era, we could open a book or searching by internet device. It is called e-book. You need to use it when you feel bored stiff to go to the library. Let's read.

Louis Watson:

In this 21st centuries, people become competitive in every single way. By being competitive at this point, people have do something to make them survives, being in the middle of the crowded place and notice simply by surrounding. One thing that at times many people have underestimated the item for a while is reading. Yes, by reading a e-book your ability to survive raise then having chance to remain than other is high. For you who want to start reading a book, we give you this specific Runner's World Guide to Cross-Training book as beginning and daily reading book. Why, because this book is usually more than just a book.

James Kostka:

Hey guys, do you would like to finds a new book to read? May be the book with the title Runner's World Guide to Cross-Training suitable to you? The particular book was written by well-known writer in this era. The actual book untitled Runner's World Guide to Cross-Training is one of several books in which everyone read now. This particular book was inspired many people in the world. When you read this reserve you will enter the new dimensions that you ever know just before. The author explained their idea in the simple way, therefore all of people can easily to know the core of this reserve. This book will give you a lot of information about this world now. To help you see the represented of the world within this book.

Michael Carr:

The publication untitled Runner's World Guide to Cross-Training is the e-book that recommended to you to study. You can see the quality of the publication content that will be shown to you actually. The language that publisher use to explained their ideas are easily to understand. The writer was did a lot of research when write the book, to ensure the information that they share for your requirements is absolutely accurate. You also could get the e-book of Runner's World Guide to Cross-Training from the publisher to make you more enjoy free time.

Download and Read Online Runner's World Guide to Cross-Training By Matt Fitzgerald #8RACF301YSX

Read Runner's World Guide to Cross-Training By Matt Fitzgerald for online ebook

Runner's World Guide to Cross-Training By Matt Fitzgerald Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Runner's World Guide to Cross-Training By Matt Fitzgerald books to read online.

Online Runner's World Guide to Cross-Training By Matt Fitzgerald ebook PDF download

Runner's World Guide to Cross-Training By Matt Fitzgerald Doc

Runner's World Guide to Cross-Training By Matt Fitzgerald MobiPocket

Runner's World Guide to Cross-Training By Matt Fitzgerald EPub