



Runner's World Guide to Cross-Training

By Matt Fitzgerald

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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.

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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.

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