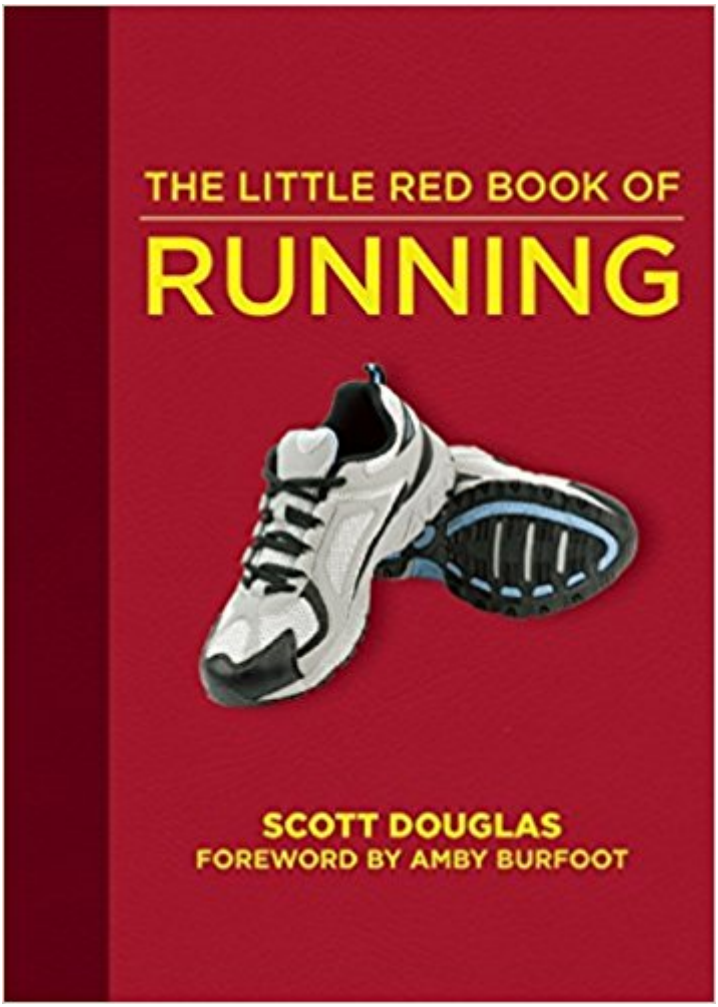
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The Little Red Book Of Running (Little Red Books)



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Synopsis

In The Little Red Book of Running,renowned running writer writer Scott Douglas delivers the advice that heÃ¢â ¬â„¢s compiled from interacting with some of the worldÃ¢â ¬â„¢s most distinguished coaches and laureled runners. With 250 tips covering every aspect of running, this pocket-sized book of wisdom is the next best thing to having a personal running coach. Within these pages youÃ¢â ¬â„¢ll find:• Advice on how to healthily increase your weekly mileage• Expert guidance on how to boost your overall speed• Recommendations for choosing the best sneaker for your foot• Suggestions for staying motivated through injury• And 246 more tips for becoming a better runner!Broken down into comprehensive topics that cover all aspects of running—from determining your weekly mileage to running a personal best—The Little Red Book of Running is sure to quickly become a runnerÃ¢â ¬â„¢s new best friend.Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports—books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team.In addition to books on popular team sports, we also publish books for a wide variety of athletes and sports enthusiasts, including books on running, cycling, horseback riding, swimming, tennis, martial arts, golf, camping, hiking, aviation, boating, and so much more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home.

Book Information

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Customer Reviews

"Reading 'The Little Red Book of Running' is like having a casual conversation with a wise, gregarious coach--one of those conversations where you sit back, put your feet up and pick his brain on everything from warm-up routines and race nutrition to motivation and even how to schedule all levels of training into real life. It is a veritable crash course in a life's worth of learned running knowledge, from the small tidbits on things like injury prevention and stretching to general philosophies on training and running in general." --Molly Huddle, American record-holder for 5 kilometers"Scott has achieved something of genuine value. There's much to be said for a single source that includes a little of everything you need to know about running. That's what 'The Little Red Book of Running' is--all 250 tips of it... It will be a long time before someone comes up with better racing advice than this." --Runner's World"In writing this nifty little book, Scott Douglas spells out a lot of what any runner should ever need to know. Written in what might be best considered a smartly organized stream of consciousness, the book contains 250 snippets of informed tips, sagely advice and downright good ideas culled from his 30-plus years of running and 20-plus years of writing about performance-oriented aspects of the sport . . . long runs, speed work, fartleks, hills and mileage to injuries, stretching, form, shoes and one-stepping. It's written in the easy-to-digest, here's-how-it's-done tone of a coach, running partner and veteran racer rolled into one. . . . It's an ideal bedside companion that will never collect dust." -- --Running Times"If you are looking for inspiration for your next run, trying to solve a training or racing problem, or seeking some timeless running wisdom, 'The Little Red Book of Running' is a great resource." ----how2runfast.com --This text refers to the Hardcover edition.

Scott Douglas is senior content editor for Runner's World and the author or co-author of seven books on running. He has run more than 100,000 miles since taking up the sport in 1979. Scott lives in South Portland, Maine.Amby Burfoot, a lifelong runner and running advocate, has been executive editor of RunnerÃ¢â ¬â„¢s World magazine since 1985. In 1968, he won the Boston Marathon, the first American to do so in eleven years. He is the author of The Principles of Running and RunnerÃ¢â ¬â„¢s World Complete Book of Running. He lives in Emmaus, Pennsylvania.

I love running, but I tend to do it in a vacuum. I don't run with anyone, and I don't pay much attention

to form, or running better, or why I should even worry about those things. Well, I didn't pay attention to form or running better until I read this book. Scott Douglas will convince you to run, and to run better, and to run well, and he does it all in a quick and fun read. So often I feel like running writing has a slightly condescending tone, like if you don't know what all the running terminology is, then you must not really be a runner. Thank you, Scott Douglas, for defining all those running terms without ever talking down to the reader, and for letting me know why I need to know them. If you're a new runner, Scott will tell you everything you need to know to get started. If you're a seasoned runner, Scott will make you even better.It's rare that a book is so readable, and also really does include absolutely everything you need to know. Highly recommended.

A very good book with a format that might remind other runners of "The Serious Runner's Handbook" Tom Osler. While Osler used a Q&A format, Douglas uses short headings to cover each of the 250 pointers that he gives to runners who are serious about reaching their potential rather than someone who wants to live a running life of excuses. He includes the technical, the motivational, and the lighter side..

I read this one in one sitting. Very concise writing style, full of practical information, funny, well-structured.I think it fits to people doing easy running, up to the very serious amateur. I liked that the facts presented were not coming from some external sources but were experienced 1st hand by the author. Definitely worth your time.Favorite quote: In the first half of the race, don't be an idiot, in the second half, don't be a wimp.

I enjoyed the book. It has very brief tips for running. This isn't a comprehensive book on running technique. It isn't a book that lays out structured,comprehensive running programs. I look it as a "pearl." Maybe consider it something u read in your bathroom.

Bought this as a gift for my friend that is an avid runner. She has been reading and said it has been very helpful. A lot of great tips.Told me it was a great present.

I love how this book is written. Great tone and great content. I've been running for decades, but now that I'm 40, I can't just go out the door and start running like I used to. This book has taught me a lot about dealing with injuries and how to increase mileage w/o going overboard. I have the hardcover version and it comes in a small handy size, as well. Highly recommend it!

My grandson is a promising distance runner so I gave him the book. He tells me it's very helpful in his training and development.

The book inspires me on a regular basis to continue on my journey of running.

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