



How to Run: From fun runs to marathons and everything in between

Paula Radcliffe

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Everyone knows running is good for you. But whether it's once around the block once a week, more serious preparation for a charity 10-kilometre race or half-marathon, or dedicated training over a period of months for a full marathon, it helps if you know what it is you're trying to achieve, and how to get there.

As one of our best-known, most successful and gifted runners, Paula Radcliffe is perfectly placed to write this essential companion guide. Aimed at both novices and experienced athletes, HOW TO RUN tells you everything you need to know about preparation, diet, equipment, training and technique. A new mother herself, there's also a section on exercising while pregnant, as well as myriad tips and insights from her huge experience of running all distances in all weathers.

Superbly clear, well organised and fully illustrated throughout, Paula Radcliffe's HOW TO RUN is the only book you'll need to help you get the best out of your running.

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