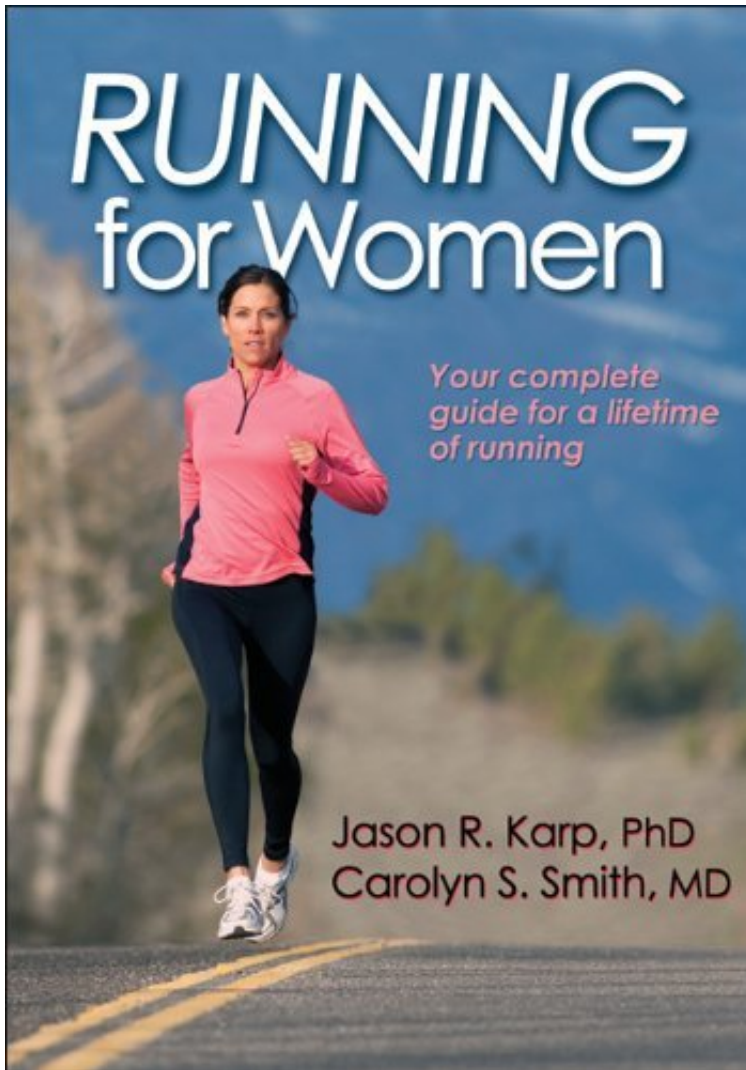


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Running for Women: Your Complete Guide for a Lifetime of Running



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Description :

Prsentation de l'diteurRunning for Women provides comprehensive information on training female runners based on their cardiovascular, hormonal, metabolic, muscular, and anatomical characteristics. Women will learn to maximize workouts around the menstrual cycle and to guard against common injuries, disordered eating, osteoporosis, and menstrual irregularities. Prsentation de l'diteurRunning for Women provides comprehensive information on training female runners based on their cardiovascular, hormonal, metabolic, muscular, and anatomical characteristics. Women will learn to maximize workouts around the menstrual cycle and to guard against common injuries, disordered eating, osteoporosis, and menstrual irregularities. Biographie de l'auteurJason Karp is an exercise physiologist, a running and fitness expert and the 2011

IDEA Personal Trainer of the Year. He is a prolific writer, with four books and more than 200 articles published in magazines, including Runner s World, Running Times, Shape, Oxygen, Self and Ultra-Fit.

Carolyn Smith, is a family practice and sports medicine physician who serves as director of the student health service at Marquette University and head medical team physician for the department of intercollegiate athletics.