



Fit To Run: The Complete Guide to Injury-Free Running

Phillip Pearson

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Fit to Run: The Complete Guide to Injury-Free Running has been written to help runners avoid the kinds of injuries that disrupt training schedules and plague careers. Aimed at everyone from the complete beginner to the experienced club runner, this book covers it all: warm-up and cool-down; stretching exercises; technique; core stability and posture; diet and nutrition; treating injuries, and an introduction to current exercise science. Running remains one of the cheapest and most accessible forms of aerobic fitness; all you need is a pair of running shoes and the courage to step out of the front door, so don't let the fear of injury put you off. Superbly illustrated with 102 colour photographs.

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