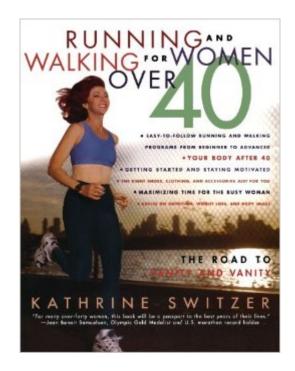
The book was found

Running And Walking For Women Over 40 : The Road To Sanity And Vanity





Synopsis

A consistent program of running or walking is the fastest, easiest, and least expensive road to overall fitness and well-being for women and men at any age. For women over forty it can be the key to the most fulfilling years life has in store.Katherine Switzer, a pioneer in women's fitness since 1967, when she became the first woman to officially enter the Boston Marathon is once again blazing a trail with the very first running and walking program designed specifically for women over forty. Now every woman can benefit from Katherine's highly personal, motivational, and step-by-step advice."For women beginning fitness programs at age forty, fifty, and beyond, the results can be nothing short of dramatic. For the first time they are reaching the body weight and physical conditioning they've always dreamed of. Women who have been reasonably active off their lives can also firnd a new and exciting road of fitness ahead of them after age forty. Some even find themselves outrunning women half their age!" --Katherine Switzer

Book Information

Paperback: 196 pages Publisher: St. Martin's Griffin (March 15, 1998) Language: English ISBN-10: 0312187777 ISBN-13: 978-0312187774 Product Dimensions: 6.9 x 0.6 x 12 inches Shipping Weight: 15.2 ounces (View shipping rates and policies) Average Customer Review: 4.0 out of 5 stars Â See all reviews (62 customer reviews) Best Sellers Rank: #178,386 in Books (See Top 100 in Books) #82 in Books > Health, Fitness & Dieting > Exercise & Fitness > Walking #348 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #617 in Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

Just before turning 50 I decided I wanted to do the thing I've always wanted to do - be a runner. I've wanted to 'be a runner' my whole life but one reason or another, I never did it. I always hated running and would quit. Family obligations got in the way, work, no time, you name it. But this time I wanted to do it. I set off in the park one day determined to RUN. I jogged for less than 2 minutes and was forced to stop. WOW what an eye opener THAT was! You figured you still *can* run. You figure if you had to save your life or the life of a child, you *could* run, right? But I couldn't! I came home

angry and depressed and totally gave up.Shortly after, I came across this book. With a sigh, I started to look past it but it was actually the picture on the cover that got me. THAT is who I wanted to be. Plain and simple. She is what I thought I would be when I decided to start running! Curiosity got me and I had to buy this book. I figured I might as well find out what she has to say, it can't hurt.I read this book cover to cover several times and internal chapters more than that. It provided me with coaching, encouragement, answers to questions, and support. Her beginning chart does it right - starts very very slowly and does intervals - a minute of jogging, a minute of walking. I really COULD do this.I began, I timed religiously, I followed the advice and by God I DID IT! My goal was to be able to run 5k (3 miles) without stopping. I was about halfway there when I stumbled upon the Couch to 5k plan online (Couch25k). I moved onto the C25k plan easily, by equating the two charts and marking off how much I had already accomplished. I continued to move through the chart, running 3x each week at the exact times called for.

Download to continue reading...

Running and Walking for Women Over 40 : The Road to Sanity and Vanity Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Running: Lose Weight, Burn Fat & Increase Metabolism: Weight Loss Motivation (Running, Walking, Burn Fat, Marathons, Marathon Training, Weight Loss Motivation) RUN: What To Know About Running Before You Begin (A Complete Beginners Guide: Learn How To Start Running And Jogging): (Running And Jogging For Beginners, Weight Loss, Exercise, How to Run And Jog) Running Mindfully: How to Meditate While Running for Your Body, Mind and Soul (Tibetan Buddhism, Mindful Running) Running: Distance Running: Improve Your Long Distance Running Step By Step The Inmates Are Running the Asylum: Why High Tech Products Drive Us Crazy and How to Restore the Sanity (2nd Edition) The Healthy Heart Walking CD: Walking Workouts For A Lifetime Of Fitness 10,000 Steps: Walking for Weight Loss, Walking for Health: A Turn by Turn Roadmap (Weight Loss Series) Vanity and Vexation: A Novel of Pride and Prejudice The Confessions of Congressman X: A disturbing and shockingly frank tell-all of vanity, greed and deceit Vanity Karma: Ecclesiastes, the Bhagavad-gita, and the meaning of life Vintage Postcards from Vanity Fair: One Hundred Classic Covers, 1913-1936 Let. It. Go.: How to Stop Running the Show and Start Walking in Faith Marathoning for Mortals: A Regular Person's Guide to the Joy of Running or Walking a Half-Marathon or Marathon Running: The Ultimate Guide To Running For Weight Loss, Health And Fitness - Includes Easy To Follow Training Plans For Beginners (How to Run, Jogging, Marathon Training) Running for Health and Happiness: The Beginner's Guide to Faster, Pain-Free Running RUNNING: STRETCHING: Pre and Post

Running Stretching Exercises (Flexibility, Warm Ups, Cool Downs, Fitness, Strength) Running with the Whole Body: A 30-Day Program to Running Faster with Less Effort We Make the Road by Walking: Conversations on Education and Social Change

<u>Dmca</u>