



jogger's catalog

the source book for runners
by robert e. burger

Joggers Catalog The Source For Runners

John Bingham, Jenny Hadfield



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Library Journal ,1979 **Vagabonding in the U.S.A.** Ed Bury,1983 **Subject Catalog, 1979** Library of Congress,1979
The Publishers' Trade List Annual ,1985 **Bibliographie Du Sport** Ingrid Draayer,Coaching Association of Canada. Sport Information Resource Centre,1981 **Adventure Running** Jerry Schad,1983 **The Cumulative Book Index** ,1978 A world list of books in the English language **Subject Guide to Books in Print** ,1984 **Small Business Sourcebook** ,1983 **Jim Fixx's Second Book of Running** James F. Fixx,1980 Presents information and advice on the benefits and techniques of running covering training routines equipment diet marathons and other subjects **Tennessee Librarian** ,1977 **National Union Catalog** ,1979 Includes entries for maps and atlases **Running for Mortals** John Bingham,Jenny Hadfield,2007-05-01 The authors of Marathoning for Mortals John The Penguin Bingham and Coach Jenny Hadfield MA CPT now show beginning runners how to fit running into their lifestyle easily You don t have to run fast or competitively to reap the rewards that running has to offer What you do need is the courage to start That is the Penguin mantra that has enabled John Bingham through his best selling book No Need for Speed his popular monthly column for Runner s World magazine and his many appearances at major running events throughout the year to inspire thousands of men and women to take up the sport for fitness and the sheer enjoyment that running brings them By teaming up with coach Jenny Hadfield his wife and coauthor on Marathoning for Mortals Bingham lays out strategies that will help readers to safely and effortlessly integrate runs into their busy schedules In this book backed by Runner s World the authority of America s leading running magazine the authors provide tips for getting started sticking to a routine eating for energy hydration and training for speed and endurance **Knowledge, Concepts And Categories** Koen Lamberts,David Shanks,2024-11-01 This text brings together an overview of recent research on concepts and knowledge that abstracts across a variety of specific fields of cognitive psychology Readers will find data from many different areas including developmental psychology formal modelling neuropsychology and connectionism

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