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## The Little Red Book of Running (Paperback)

By Scott Douglas

Skyhorse Publishing, United States, 2016. Paperback. Condition: New. Reprint. Language: English . Brand New Book. In The Little Red Book of Running, renowned running writer Scott Douglas delivers the advice that he's compiled from interacting with some of the world's most distinguished coaches and lauded runners. With 250 tips covering every aspect of running, this pocket-sized book of wisdom is the next best thing to having a personal running coach. Within these pages you'll find: \* Advice on how to healthily increase your weekly mileage \* Expert guidance on how to boost your overall speed \* Recommendations for choosing the best sneaker for your foot \* Suggestions for staying motivated through injury \* And 246 more tips for becoming a better runner! Broken down into comprehensive topics that cover all aspects of running--from determining your weekly mileage to running a personal best--The Little Red Book of Running is sure to quickly become a runner's new best friend. Skyhorse Publishing, as well as our Sports Publishing imprint, is proud to publish a broad range of books for readers interested in sports--books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a...



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