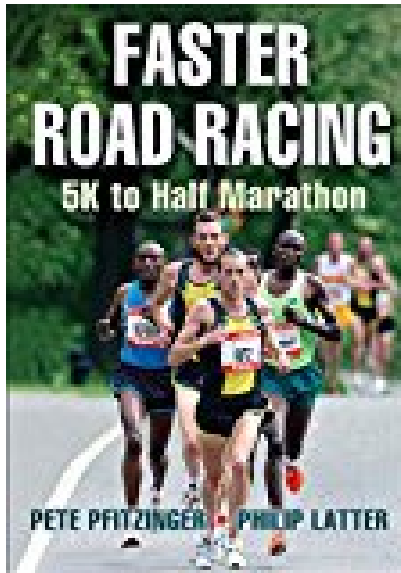


Faster Road Racing 5K to Half Marathon



BOOK DETAILS

- Author : Pete Pfitzinger
- Pages : 280 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 1450470459

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BOOK SYNOPSIS

In *Faster Road Racing: 5K to Half Marathon*, renowned running authority Pete Pfitzinger and Running Times senior writer Philip Latter present training plans for the most popular race distances as well as advice on recovery, cross-training, nutrition, tapering, and masters running.

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