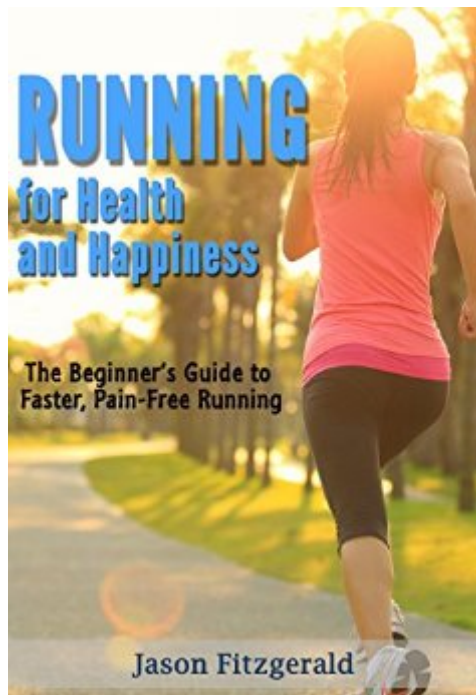


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# Running For Health And Happiness: The Beginner's Guide To Faster, Pain-Free Running



## Synopsis

New to running? "Running for Health & Happiness" is your go-to beginners resource for how to begin your new journey as an aspiring runner. Written by Jason Fitzgerald, founder and head coach of Strength Running, one of the top coaching destinations for runners, you'll get inside access into the training strategies that have helped tens of thousands of runners get stronger, stay healthy, and run faster. Each chapter dives into the core elements of running: workouts, how to increase your mileage, strength exercises for runners, cross-training, and common problems with solutions. There's no science jargon or technical language to decipher - just actionable, clear coaching advice from a USA Track & Field certified coach. You'll learn: -- How to stay healthy (long-term) while still running a lot-- Workouts and how to build mileage the right way (for new runners)-- The best strength exercises for runners of all abilities - with no fancy equipment-- Common problems, mistakes, and easy solutions to get you running smart. Written by Jason Fitzgerald (2:39 marathoner and author of <http://strengthrunning.com>, a multiple-award winning running blog), you'll see the best training strategies for beginners that will help you accomplish all of your running goals.

## Book Information

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## Customer Reviews

For the purposes of this brief review I'd like to call myself an advanced beginner runner. I've been running a little shy of a year and have done Jason's Injury Prevention and Boot Camp Programs. I'm a beginner but for the purposes of this book I'm a little past the defined starting points, have already raced etc. The price for starters is absolutely fantastic. You can't get a quality read for that kind of money very often. Worth every penny easily. The book is laid out well and the information is conveyed in very plain non technical language. He made the book non scary for a new runner. I learned a good bit and got refreshed on a bunch of stuff I've already learned. I think this would be a great alternative to the many 5K phone apps out there that are just cookie cutter copies of the same thing and don't teach you the value of staying healthy to run again tomorrow. There were 2 items that in my eyes would have made this a 5. First off would be a running terms glossary. There were a lot of terms introduced that for most new runners would be foreign to them. A nice place to bunch them all together with an explanation for each would be valuable. The other point is personal to my training. There was an explanation for a beginning runner to increase mileage and days. There was also a mention of how a more intermediate runner might increase their mileage. I'm a runner who runs 4 days a week already and is approaching 20 miles. I was hoping for some clear guidance on building my own mileage. I'm not really sure I gained a clear plan from this. Aside from those 2 minor items I noted, I loved this book and think it's an excellent purchase for a beginning runner or slightly more experienced. I won't be able to gauge the value for a more experienced runner until I become one. Good job Jason!!

I can't imagine getting any more value for my money, what a bargain at any price! The book is absolutely packed with information that is applicable to all level of runners. If you are new and starting out get this, read it and FOLLOW the advice! If you are more experienced you will find a wealth of knowledge you may have heard and like me probably aren't following (and SHOULD be!). I have been following Jason's website and have purchased several of his offerings. I have been running seriously for 6 years so I feel I am past the beginner stage. At first I was thinking the book was just for beginners with little to offer more advanced runners. Then I started to digest the content, especially when I got to training age in chapter 3. I went back and started re-reading the book with a more open mind and was reminded of many MANY things I have not been doing at all and more that I have not been doing correctly. As I read with the mindset of learning (or reminding myself of the foundational things that MUST be kept up to be successful) the book truly showed the talent of Jason and his dedication to helping ALL runners. In addition to the book content there is even more Jason makes available with links and resources that you can instantly access while

reading (if you are reading it online of course) and the extra content adds to the book without distraction again pointing to the care and thought put into the overall book. Of course it is structured well taking you from getting started all the way through racing and recovery (more of those things I haven't been doing as I should) to the wrap up of boiling it down to the essence of his 3 pillars. I would HIGHLY recommend investing in this book if you are thinking of starting to run, and especially so to those that are runners to check where you are and correct, relearn, and see new ideas you may not use or know.

I wish I'd had this book when I started running about 7 years ago. First a general comment: the book is well written and well edited - qualities sometimes lacking in 'quick publish' kindle books. Kudos to the author for taking the time to do this incredibly important work. As to the content, each chapter contains ideas that help me solidify my understanding of 'training to run better'. In many cases it is a simple matter of confirming in a short concept statement things that I have worked out in practice but never really articulated to myself. Once the underlying concept is clear, it becomes easier to implement in practice and even build upon in personal details. Although the book is nominally targeted for beginners, there is useful information for all but the elite among us. My personal favorite is chapter 2 on motivation and forming habits leading to the most important training element - consistency! So, if you are a beginning runner or even well along the path you should buy and read this book!

Concise, Focused, Straight talk on developing healthy foundational habits for runners. I appreciate Jason's "no nonsense" approach! Worth getting this book for sure. It will help you whatever level you are.

I am what I would consider a "beginning runner" (started trail running March 2014 and had a major non-running accident in August 2014 that involved some trail work, an ax, and my calf =) so I haven't been running that long, and this book is exactly what I was looking for to help set a good foundation as well as provide some real guidance and advice. I literally used to loathe running, but have grown to absolutely love it as a trail runner and I really connect with this book in terms of strategies, staying healthy, and the overall big picture of how to be a better and injury free runner. I really like how Jason presents things in a concise and straight forward manner (which is why I have also enjoyed his website and newsletter) and makes running comfortable - at times it has been intimidating for me (running as a whole) as a newer runner but Jason makes you feel like it is

something you have been doing for a long time and that you are already part of the club - it is just his every man/woman approach to addressing issues we all face as runners, no matter how long we have been doing it, how fast we are or aren't, how often we get out there, etc. - whatever the case, if we are out there and doing it, we are all runners with different goals and objectives. And Jason seems to recognize that we can all excel within that framework for ourselves, which is really great.

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