

Walking A Half Marathon Without Training

Advanced Marathonning 2nd Edition
 Marathon
 The Complete Guide to Marathon Walking
 Running & Walking For Women Over 40
 Run for Your Life
 Marathon
 Hal Higdon's Half Marathon Training
 Run to the Finish
 Power Walk!
 Runner's World Run Less Run Faster
 Run:Walk Pace Tables in Minutes/Kilometer
 The Non-Runner's Marathon Trainer
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 The Runner's World Big Book of Marathon and Half-Marathon Training
 Walk-A-Thon
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 In Praise of Paths
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 Marathonning for Mortals
 Marathon and Half-Marathon
 Absolute Beginner's Guide to Half-marathon Training
 Mental Training for Runners
 ChiRunning
 The Complete Guide to Marathon Walking
 Galloway's Half Marathon Training
 Marathonning for Mortals
 The Run Walk Run® Method
 Conquering the Marathon
 Walking
 Run Your First Marathon

Walking A Half Marathon Without Training

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TRAVIS TIANA

Advanced Marathonning 2nd Edition VeloPress

Hal Higdon's Half Marathon Training offers prescriptive programming for all levels of runners. Not only will it help you learn how to get started with your training, but it will show you where to focus your attention, when to progress, and how to keep it simple.

Marathon Meyer & Meyer Verlag

The revised edition of the bestselling ChiRunning, a groundbreaking program from ultra-marathoner and nationally-known coach Danny Dreyer, that teaches you how to run faster and farther with less effort, and to prevent and heal injuries for runners of any age or fitness level. In ChiRunning, Danny and Katherine Dreyer, well-known walking and running coaches, provide powerful insight that transforms running from a high-injury sport to a body-friendly, injury-free fitness phenomenon. ChiRunning employs the deep power reserves in the core muscles, an approach found in disciplines such as yoga, Pilates, and T'ai Chi. ChiRunning enables you to

develop a personalized exercise program by blending running with the powerful mind-body principles of T'ai Chi: -Get aligned: Develop great posture and reduce your potential for injury while running, and make knee pain and shin splints a thing of the past. -Engage your core: Shift the workload from your leg muscles to your core muscles, for efficiency and speed. -Add relaxation to your running: Learn to focus your mind and relax your body to increase speed and distance. -Make it a Mindful Practice: Maintain high performance and make running a mindful, enjoyable life-long practice. It's easy to learn. Transform your running with the ten-step ChiRunning training program. **The Complete Guide to Marathon Walking** Meyer & Meyer Sport Athlete. Runner. Marathoner. Are these words you wouldn't exactly use to describe yourself? Do you consider yourself too old or too out of shape to run a marathon? But somewhere deep inside have you always admired the people who could reach down and come up with the mental and physical strength to complete such a daunting and rewarding accomplishment? It doesn't have to be somebody else crossing the finish line. You can be a marathoner. The Non-Runner's Marathon Trainer is based on the highly successful marathon class offered by the University of Northern Iowa, which was featured in a Runner's World article titled "Marathonning 101." The class has been

offered five times over 10 years, and all but one student finished the marathon. That is approximately 200 students -- all first time marathoners and many with absolutely no running background. This book follows the same 16-week, four-day-a-week workout plan. What makes the success rate of this program so much higher than any other? The special emphasis on the psychological aspects of endurance activities. You don't have to love to run -- you don't even have to like it -- but you have to realize that you are capable of more than you have ever thought possible. One participant in the program explained it like this: "I'm doing this for me -- not for others or the time clock. I just feel better when I run, plus it helps me to cope with things in general. The skills we've learned in this class don't apply just to marathonning -- they apply to life! Just like you never know what the next step in a marathon will bring, so too, you never know what will happen next in life. But if you don't keep going, you're never going to find out. By staying relaxed, centered, and positive you handle just about anything that comes your way." This is marathon running for real people, people with jobs and families and obligations outside of running. The Non-Runner's Marathon Trainer has proven successful for men and women of all ages. Now let it work for you.

Running & Walking For Women Over 40 Pearson Education

Once considered a feat for superhuman athletes, the marathon is now within every mortal's grasp. Former couch potato John Bingham has joined forces with coach Jenny Hadfield to create a winning plan that works for every mortal—even you. In *Marathoning for Mortals*, you'll find the courage to train, the willpower to persevere, and the tenacity to finish one mile after another. John and Jenny stick with you every step of the way, from your first insecure thoughts to your last-minute jitters to your supreme joy at the finish line. In *Marathoning for Mortals*, you'll find:

- 8 training programs to run, run-walk, walk-run, or walk the half-marathon and marathon
- The advice you need to physically, mentally, and spiritually reach your dreams
- Tips to help you customize your training, buy the right shoes and apparel, and eat the best foods
- Guidance for common motivational, physical, and emotional roadblocks

Join John and Jenny on an amazing transformative journey where the finish line is just the beginning.

Run for Your Life Rodale Books

I love the run:walk method. Hi, I'm Kirk Mahoney, the author of *Run:Walk Pace Tables in Minutes/Kilometer*. Why did I write this book? I love the run:walk method. I trained for my first marathon with the run:walk ratio of 5:1. I now train regularly with people who use ratios of 10:1, 5:1, and 3:1. My best average pace in training has been with the 1:1 ratio. And, my marathon personal best (PB) came by racing with the 2:1 ratio. But, before I wrote this book, I saw a HUGE gap in the run:walk community. This gap has been causing a lot of unnecessary confusion and unhappiness. This book closes that gap. Is the run:walk method driving you crazy? If you are like me, here is why you love the run:walk method: You get a better workout because you use your muscles differently. You get more variety during a workout or race. You get predictable milestones in a race or training session. You get more stamina. You get fewer injuries. Last but not least, you can get faster chip-times! All of this contributes to greater happiness as an endurance athlete, and I'm all about happier running and walking! Unfortunately, there has been a gap that has driven many of us run:walk athletes crazy. Let me talk more about that in a moment... Do you prefer guessing, folklore, driving directions, or a map? Seriously, how do you figure out just the right combination of running and walking on any given day and for any given race or training distance? Let's compare it to driving from point A to point B: You could guess. Some of us have done this, at least when we were younger. "Well, let's see. If I want to go to the convention center, then I guess that I'll start by driving toward downtown and keep looking for the big building along the way." You could rely on folklore. Many of us have done this. "A neighbor told me that I should take highway X to somewhere around street Y and then go left until I get to street Z ... and the convention center will be around there somewhere." You could use driving directions. A lot of us do this now. We get driving directions from a GPS unit, which can work well ... until the unit dies suddenly or there is an unexpected obstacle. Or, we go online, enter our starting point and destination, and print the directions. Still, printed directions cannot handle unexpected detours, and they give you no sense of the greater territory around, say, the convention-center destination. You could use a map. I know -- "What's that?!" Yes, you have to learn how to read maps. You have to locate on a map where you are now and where, say, the convention center is. But, a map eliminates guessing and folklore, never dies suddenly, and gives you options -- LOTS of options -- when one route or another is blocked. Pace calculators are like driving-directions websites. Yes, you could search the Web and find some run:walk pace calculators that will let you enter some variables to get some other variables. A pace calculator is like a driving-directions website. You enter some stuff, and it tells you what to do. That's fine, as far as it goes. But, what if you were to run into an obstacle? Would you know what to do? The fact is, you could poke and prod all day with a pace calculator and still not end up with the big picture about how YOU can best use the run:walk method. In contrast, pace tables are like maps. Now, think about a map. It gives you the big picture, and this gives you LOTS of options to achieve your goal. Pace tables are like maps. They give you the big picture and lots of options to achieve your goal. This book fills the gap of pace tables for the run:walk method!

Marathon Human Kinetics

I love the run:walk method. Hi, I'm Kirk Mahoney, the author of *Run:Walk Pace Tables in Minutes/Kilometer*. Why did I write this book? I love the run:walk method. I trained for my first marathon with the run:walk ratio of 5:1. I now train regularly with people who use ratios of 10:1, 5:1, and 3:1. My best average pace in training has been with the 1:1 ratio. And, my marathon personal best (PB) came by racing with the 2:1 ratio. But, before I wrote this book, I saw a HUGE gap in the run:walk community. This gap has been causing a lot of unnecessary confusion and

unhappiness. This book closes that gap. Is the run:walk method driving you crazy? If you are like me, here is why you love the run:walk method: You get a better workout because you use your muscles differently. You get more variety during a workout or race. You get predictable milestones in a race or training session. You get more stamina. You get fewer injuries. Last but not least, you can get faster chip-times! All of this contributes to greater happiness as an endurance athlete, and I'm all about happier running and walking! Unfortunately, there has been a gap that has driven many of us run:walk athletes crazy. Let me talk more about that in a moment... Do you prefer guessing, folklore, driving directions, or a map? Seriously, how do you figure out just the right combination of running and walking on any given day and for any given race or training distance? Let's compare it to driving from point A to point B: You could guess. Some of us have done this, at least when we were younger. "Well, let's see. If I want to go to the convention center, then I guess that I'll start by driving toward downtown and keep looking for the big building along the way." You could rely on folklore. Many of us have done this. "A neighbor told me that I should take highway X to somewhere around street Y and then go left until I get to street Z ... and the convention center will be around there somewhere." You could use driving directions. A lot of us do this now. We get driving directions from a GPS unit, which can work well ... until the unit dies suddenly or there is an unexpected obstacle. Or, we go online, enter our starting point and destination, and print the directions. Still, printed directions cannot handle unexpected detours, and they give you no sense of the greater territory around, say, the convention-center destination. You could use a map. I know -- "What's that?!" Yes, you have to learn how to read maps. You have to locate on a map where you are now and where, say, the convention center is. But, a map eliminates guessing and folklore, never dies suddenly, and gives you options -- LOTS of options -- when one route or another is blocked. Pace calculators are like driving-directions websites. Yes, you could search the Web and find some run:walk pace calculators that will let you enter some variables to get some other variables. A pace calculator is like a driving-directions website. You enter some stuff, and it tells you what to do. That's fine, as far as it goes. But, what if you were to run into an obstacle? Would you know what to do? The fact is, you could poke and prod all day with a pace calculator and still not end up with the big picture about how YOU can best use the run:walk method. In contrast, pace tables are like maps. Now, think about a map. It gives you the big picture, and this gives you LOTS of options to achieve your goal. Pace tables are like maps. They give you the big picture and lots of options to achieve your goal. This book fills the gap of pace tables for the run:walk method!

Hal Higdon's Half Marathon Training Simon and Schuster

Shave minutes off your time using the latest in science-based training for serious runners.

Advanced Marathoning has all the information you need to train smarter, remain injury free, and arrive on the start line ready to run the marathon of your life. Including marathon-pace runs and tempo runs, Advanced Marathoning provides only the most effective methods of training. You'll learn how to complement your running workouts with strength, core, flexibility, and form training; implement cutting-edge nutrition and hydration strategies and recovery techniques; and taper properly to reach peak performance. With easy-to-understand day-by-day training schedules for 18- and 12-week preparation for weekly distances of 55, 55 to 70, 70 to 85, and 85-plus miles, Advanced Marathoning is simply the most comprehensive and efficient approach to marathoning. If you're ready to achieve your personal best, this book is for you.

Run to the Finish Meyer & Meyer Verlag

A fun, easy, and economical route to fitness and health: "This book will give women everywhere the guidance they need" (Grete Waitz, nine-time winner of the New York City Marathon). Women's fitness pioneer Kathrine Switzer has been on her feet for over fifty years. She knows how running or walking is the fastest, easiest, and least expensive road to fitness for women of any age. For women over forty in particular, it's vital to fit an exercise regimen into their busy lives, and ensure they can stay active and healthy for many years to come. No matter how inexperienced or old you are, Switzer will guide and ease you into a new exercise schedule, making the time you give yourself the best part of your day—and your future life. Recommendations for shoes, clothing, injury prevention, nutrition, motivation, and finding the time in your life will keep you exercising safely and comfortably. For women over forty, Switzer's expert running and walking programs are specifically designed for you, enabling you to keep healthy and enjoy life to the fullest for decades to come. "For many over-forty women, this book will be a passport to the best years of their lives." —Joan Benoit Samuelson, Olympic gold medalist and US marathon record holder
[Power Walk!](#) Diversion Publishing Corp.

Features instructions for runners of all ability levels on preparing for a marathon, including training schedules, advice on diet, defensive running strategies, and tips for staying motivated.

Runner's World Run Less Run Faster Shelter Publications, Inc.

Start small for big results with this inspiring guide to lifelong wellness—from popular health blogger and author of *Operation Beautiful*. In *Healthy Tipping Point*, Caitlin Boyle shares the down-to-earth philosophy and authoritative advice that has made her websites so popular. Believing that reaching a tipping point means much more than tipping the scales, Boyle helps readers find their personal ideal balance in food, fitness, love, and life, in a breakthrough program organized around three shifts:

- **Get Real:** Challenge negative-thought patterns to create space for success
- **Eat Clean:** Ditch conventional "diet" advice and follow a simple eating plan tailored to keep energy high, while helping the environment—including forty-five delicious vegetarian recipes for foodies on the go
- **Embrace Strength:** Commit to a high-powered fitness program designed to help one learn to love exercise and build a strong, lean body—with targeted guidance for novice runners, bikers, swimmers, and others

Featuring twenty inspiring success stories and photos of people who have transformed their lives, the book proves that a healthy body is absolutely attainable. *Healthy Tipping Point* provides the drive to thrive.

Run:Walk Pace Tables in Minutes/Kilometer VeloPress

A straightforward, easy-to-follow look at the anatomy, biomechanics, and nutrition of running. Dr. Cucuzzella "aims to improve the fitness and well-being of all, from the uninitiated to beginners to veterans who still have new tricks to learn" (Amby Burfoot, Boston Marathon winner, writer at large for *Runner's World* magazine, and author of *The Runner's Guide to the Meaning of Life*). Despite our natural ability and our human need to run, each year more than half of all runners suffer injuries. Pain and discouragement inevitably follow. Cucuzzella's book outlines the proven, practical techniques to avoid injury and reach the goal of personal fitness and overall health. With clear drawings and black-and-white photographs, the book provides illustrated exercises designed to teach healthy running, along with simple progressions and a running schedule that shows the reader how to tailor their training regimen to their individual needs and abilities.

The Non-Runner's Marathon Trainer Rodale

RUN WITH POWER is the groundbreaking guide you need to tap the true potential of your running power meter. From 5K to ultramarathon, a power meter can make you faster but only if you know how to use it. Just viewing your numbers is not enough; you can only become a faster, stronger, more efficient runner when you know what your key numbers mean for your workouts, races, and your season-long training. In *Run with Power*, TrainingBible coach Jim Vance offers the comprehensive guide you need to find the speed you want. *Run with Power* demystifies the data and vocabulary so you can find and understand your most important numbers. You'll set your Running Power Zones so you can begin training using 8 power-based training plans for 5K, 10K, half-marathon, and marathon. Vance shows you how you can compare wattage, heart rate, pace, and perceived exertion to gain the maximum insight into your performances, how you respond to training, and how you can train more effectively. *Run with Power* will revolutionize how you train and race. Armed with Vance's guidance, you can train more specifically for races, smooth your running technique, accurately measure your fitness, predict a fitness plateau, monitor injuries, know exactly how hard you're training, get more fitness from every workout, recover fully, perfect your tapers, warm up without wasting energy, pace your race on any terrain, know when to open the throttle, and create an unprecedented picture of yourself as an athlete. If you're just glancing at the number on your wrist or computer monitor, you've got a lot more speed potential. Knowledge is power and understanding your power numbers can open the gate to new methods and new PRs. *Run with Power* introduces the use of power meters to the sport of running and will show you how to break through to all-new levels of performance. Key concepts explored in *Run with Power*: 3/9 Test, 30-minute Time Trial Test, Running Functional Threshold Power (rFTPw), Running Functional Threshold Pace (rFTPp), Averaged and Normalized Power (NP), Intensity Factor (IF), Peak Power, Variability Index, Efficiency Index (EI), speed per watt, Vance's Power Zones for Running, Training Stress Score (TSS), and Periodization with Power. Includes 6 testing methods and 8 power-based training schedules and workouts for 5K, 10K, half-marathon, and marathon.

Half Marathon Echo Point Books & Media

Power walking, also known as fitness or speed walking, is gaining popularity as an aging population looks for workout options that are good for their bodies and good for their wallets. This book includes expert tips and techniques for starting or expanding a power walking practice. Covering

the author's journey from non-athlete to dedicated power walker, it is entertaining, motivational and jam-packed with information. Here, power walking practice is contextualized through the author's goal to complete a half marathon in each of the United States as she approaches 60 years old. The journey includes encounters with sketchy porta-potties and terrifying mini-planes, confessions of dubious road-trip food choices and tales of finish lines reached through sheer determination--all told with wit and wisdom. Part travelogue, part power walking guidebook, this engaging text will entertain, motivate and enlighten readers who are looking to start a fitness program or change up their workout routine.

Healthy Tipping Point McFarland

Finally, runners at all levels can improve their race times while training less, with the revolutionary Furman Institute of Running and Scientific Training (FIRST) program. Hailed by the Wall Street Journal and featured twice in six months in cover stories in Runner's World magazine, FIRST's unique training philosophy makes running easier and more accessible, limits overtraining and burnout, and substantially cuts the risk of injury, while producing faster race times. The key feature is the "3 plus 2" program, which each week consists of: -3 quality runs, including track repeats, the tempo run, and the long run, which are designed to work together to improve endurance, lactate-threshold running pace, and leg speed -2 aerobic cross-training workouts, such as swimming, rowing, or pedaling a stationary bike, which are designed to improve endurance while helping to avoid burnout With detailed training plans for 5K, 10K, half marathon, and marathon, plus tips for goal-setting, rest, recovery, injury rehab and prevention, strength training, and nutrition, this program will change the way runners think about and train for competitive races. Amby Burfoot, Runner's World executive editor and Boston Marathon winner, calls the FIRST training program "the most detailed, well-organized, and scientific training program for runners that I have ever seen."

The Runner's World Big Book of Marathon and Half-Marathon Training Simon and Schuster From the authors of the bestselling ChiRunning comes a revolutionary program that blends the health benefits of walking with the core principles of T'ai Chi to deliver maximum physical, mental, and spiritual fitness. The low-impact health benefits of walking have made it one of the most popular forms of daily exercise. Yet few people experience all the benefits that walking can offer. In ChiWalking, Danny and Katherine Dreyer, well-known walking and running coaches, teach the walking technique they created that transforms walking from a mundane means of locomotion into an intensely rewarding practice that enhances mental, emotional, and physical well-being. Similar to Pilates, yoga, and T'ai Chi, ChiWalking emphasizes body alignment and mindfulness while strengthening the core muscles of the body. The five mindful steps of the ChiWalking program will get anyone, regardless of age or athletic ability, into great shape from head to toe, inside and out. 1. Get aligned. Develop great posture and better balance. 2. Engage your core. Make back and knee pain disappear. 3. Create balance. Walk faster, farther, and with less effort. 4. Make a choice. Choose from a menu of twelve great walks such as the Cardio Walk, the Energizing Walk, or the Walking Meditation, to keep your exercise program fresh. 5. Move forward. Make walking any distance a mindful, enjoyable experience, whether you're a beginner or a seasoned walker. *Walk-A-Thon* Penguin

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"I don't have time to run." "The run will hurt or make me tired." "I don't have my running shoes with me." "I've got too much work to do." If you're always looking for any excuse to not go running, this book is for you! Whether you're an athlete or just want to stay fit and exercise, you need to train your mind just as much as you train your body! It's easy to find excuses and stay at home, but with Jeff Galloway's mental training strategies you will find yourself staying motivated and setting and reaching new goals in no time. Jeff will help you break down your challenges into smaller steps so your next goal seems more achievable. You will learn to overcome each challenge and problem and reduce stress. You will be able to go out for your run even on tough days, after an injury or illness, or when your running buddy isn't around. In the end, you will break through barriers and stay in control and at the top. In this book, you will find many useful tips on how to deal with stress. Jeff describes typical everyday situations and how to go out and run even if your brain is making up excuses; he explains drills to help you rehearse a good response to those excuses so that over time you will change your habits; he presents training tools that will lower your stress and help you learn to set realistic goals. In addition, Jeff posits that in order to stay motivated, it is important to have good running technique. A section on better technique will help you run better and achieve your next goal. Finally, Jeff shows how using a journal can benefit your exercise regime and assist you in keeping track of your progress and the highs and lows of your training schedules. Mental Training for Runners will put you on the path to a positive mental environment and will turn your mind, body, and spirit into a powerful team and tool. After reading and learning from this book, there will only ever be one answer to any challenge: "I can do it!"

Advanced Marathoning Simon and Schuster

With the latest in science-based training, *Advanced Marathoning* shows you how to race faster, train for multiple marathons, and surpass your goals. Find the latest information on training methods, schedules, and programs for a variety of distances. Guaranteed to take you to the next level, you will run your best marathon with this definitive book.

Run with Power Rodale Books

"Walking - The Complete Book" will motivate you to get moving, avoid aches and pains, and enjoy a more energetic life. Whether you are just starting to walk around the block, or have been active for years, "Walking - The Complete Book" has a world of information that will make you want to walk every day, as it helps you improve the experience. Author Jeff Galloway has worked with over 150,000 average people, who were mostly couch potatoes before they followed his exercise routines. Many have gone on to finish 26-mile-marathons or half-marathons. Virtually all of them find that 20-30 minutes spent on this simple exercise bestows more vitality, and a better mental attitude than anything else during their day. This book explains why, with step-by-step information to keep moving forward - for life.

Half-Marathon Rodale

Inspiration and practical tips for runners who prioritize enjoyment over pace and embrace their place as an "average" runner In her first book, popular runner blogger Amanda Brooks lays out the path to finding greater fulfillment in running for those who consider themselves "middle of the pack runners" -- they're not trying to win Boston (or even qualify for Boston); they just want to get strong and stay injury-free so they can continue to enjoy running. *Run to the Finish* is not your

typical running book. While it is filled with useful strategic training advice throughout, at its core, it is about embracing your place in the middle of the pack with humor and learning to love the run you've got without comparing yourself to other runners. Mixing practical advice like understanding the discomfort vs. pain, the mental side of running, and movements to treat the most common injuries with more playful elements such as "Favorite hilarious marathon signs" and "Weird Thoughts We all Have at the Start Line," Brooks is the down-to-earth, inspiring guide for everyone who wants to be happier with their run.

ChiWalking Human Kinetics 1

Older Yet Faster (English and French editions with illustrations and photos, and online lesson and exercise videos) is a manual for teaching runners how to transition to efficient running and to help them to avoid incurring almost all of the common running injuries as they do so. It is ideal for beginners to learn how to run well and for experienced runners to changeover to good technique. Coaches can also use this book as a reference on how to implement technique change for their clients, and we expect it to become the go-to manual for medical professionals, to help them deal with running related injuries caused by bad technique and footwear. After learning how injuries are caused and then gaining a good understanding of running technique in the early chapters you will be prepared to read about our technique-change system which we call "OYF Running". This consists of "Keith's Lessons" used in combination with "Heidi's Strengthening Exercises" and forms the main body of the book." Keith shows you how to run efficiently in a simple, step-by-step guide both in the book and with videos. Each Lesson provides exercises set out in a format which is both easy to understand and implement. The first three lessons teach you the basics of running correctly and the last three help you put these into practice and help you to refine your technique over the period of your transition. This program is set up so that runners can teach themselves in conjunction with the online videos and forum. Heidi's Strengthening Exercises consists of a well-ordered series of exercises which will help your body safely adjust to the redistribution of the workload and are essential to rebuild parts of the body which have been neglected due to poor technique. It should be started as soon as possible, in order to build strength and to deal with the resultant muscle and tendon soreness that you will start to experience. We identify specific injuries and how they are caused and we show how by improving running technique, and re-strengthening these injuries are quickly cured. Podiatrists will find Heidi's experiences and advice particularly interesting, especially as they will almost certainly, be in conflict with what is still taught in universities. Chapters Twelve and Thirteen, 'Managing the changes' and 'Rehabilitation', explain what should happen during the transition and what to do should you get injured, or if you are currently injured. Chapter Fourteen is very important as you must have suitable footwear to run with good technique. There is then a chapter on how your body shape will change as you adopt your new technique and a chapter on general tips and traps a list of commonly used terms, a glossary and an index. Finally, we have included three appendices: For Coaches, For Podiatrists and a detailed look at Heidi's strengthening program. In Appendix A, Keith discusses how to implement his Lessons from a coach's point of view, in Appendix B, Heidi explains how she treats her patients who are suffering with specific injuries and in Appendix C she explains her Strengthening program in greater detail for medical professionals and interested runners.