

[PDF] Running For Mortals: A Commonsense Plan For Changing Your Life With Running

John Bingham, Jenny Hadfield - pdf download free book

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Description:

About the Author JOHN "THE PENGUIN" BINGHAM writes a column for *Runner's World* magazine and teaches the basics of running to adult-onset athletes. The author of *No Need for Speed* and coauthor (with Jenny Hadfield) of *Marathoning for Mortals*, he lives in Chicago.

JENNY HADFIELD, MA, CPT, is a fitness expert who has trained thousands of walkers, run-walkers, and runners of all levels. Her gentle yet uncompromising approach to training combined with her unique insights into the human body and mind will help readers discover their inner long-distance athlete. She lives in Chicago.

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