

Introduction	7
Chapter 1: The 21 Factors	11
Chapter 2: Why Is Running Valuable?	14
Chapter 3: The Basics of Youth.....	19
Chapter 4: Developing Fitness.....	26
Chapter 5: How to Start Running.....	34
Chapter 6: Running Technique	38
Chapter 7: The Path to Full Potential.....	42
Chapter 8: Setting a Schedule	46
Chapter 9: Injuries.....	50
Chapter 10: Altitude	58
Chapter 11: Myths and Misconceptions.....	60
Chapter 12: Setting Out Your Schedule	82
Chapter 13: Marathon.....	110
Chapter 14: The Athlete and the Coach – The Vital Relationship.....	120
Chapter 15: Food, Fats, Vitamins and Minerals	136
Chapter 16: Team Training	146
Chapter 17: Evaluating Your Training.....	150
Chapter 18: Training Terms	154
Chapter 19: Shoes and Feet.....	161
Chapter 20: Foods and Fats	165
Chapter 21: The Value of Good Preparation	169
Chapter 22: Warming Up and Cooling Down – Two Musts.....	172
Index	214