

# Contents

	page
Introduction	7
Chapter 1:The Twentyone Factors	11
Chapter 2: Why is Running Valuable?	13
Chapter 3: The Basic of Youth	18
Chapter 4: The Development of Fitness	24
Chapter 5: How to Start Running	32
Chapter 6: The Technique of Running	35
Chapter 7: The Path to Full Potential	39
Chapter 8: How to Set out a Schedule	42
Chapter 9: Injuries	46
Chapter 10: Altitude	54
Chapter 11: Myths and Misconceptions	56
Chapter 12: Setting out Your Schedule	78
Chapter 13: Marathon	105
Chapter 14: The Athlete and the Coach – the Vital Relationship	114
Chapter 15: Food, Fats, Vitamins and Minerals	130
Chapter 16: Team Training	139
Chapter 17: Evaluating Your Training	143
Chapter 18: Training Terms	146
Chapter 19:Shoes and Feet	152
Chapter 20: Foods and Fats	155
Chapter 21:The Value of a Good Preparation	158
Chapter 22: Warming up and Cooling down – Two Musts	160