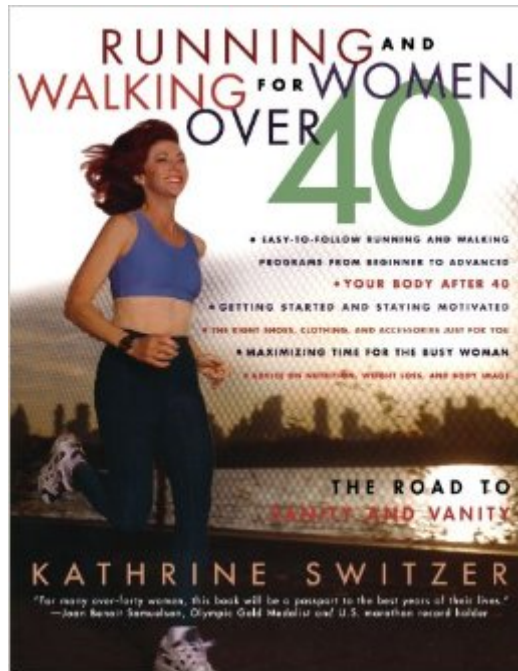


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# Running And Walking For Women Over 40 : The Road To Sanity And Vanity



## Synopsis

A consistent program of running or walking is the fastest, easiest, and least expensive road to overall fitness and well-being for women and men at any age. For women over forty it can be the key to the most fulfilling years life has in store. Katherine Switzer, a pioneer in women's fitness since 1967, when she became the first woman to officially enter the Boston Marathon is once again blazing a trail with the very first running and walking program designed specifically for women over forty. Now every woman can benefit from Katherine's highly personal, motivational, and step-by-step advice. "For women beginning fitness programs at age forty, fifty, and beyond, the results can be nothing short of dramatic. For the first time they are reaching the body weight and physical conditioning they've always dreamed of. Women who have been reasonably active off their lives can also find a new and exciting road of fitness ahead of them after age forty. Some even find themselves outrunning women half their age!" --Katherine Switzer

## Book Information

Paperback: 196 pages

Publisher: St. Martin's Griffin (March 15, 1998)

Language: English

ISBN-10: 0312187777

ISBN-13: 978-0312187774

Product Dimensions: 6.9 x 0.6 x 12 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars Â Â See all reviews Â (62 customer reviews)

Best Sellers Rank: #178,386 in Books (See Top 100 in Books) #82 in Â Books > Health, Fitness & Dieting > Exercise & Fitness > Walking #348 in Â Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #617 in Â Books > Health, Fitness & Dieting > Women's Health > General

## Customer Reviews

Just before turning 50 I decided I wanted to do the thing I've always wanted to do - be a runner. I've wanted to 'be a runner' my whole life but one reason or another, I never did it. I always hated running and would quit. Family obligations got in the way, work, no time, you name it. But this time I wanted to do it. I set off in the park one day determined to RUN. I jogged for less than 2 minutes and was forced to stop. WOW what an eye opener THAT was! You figured you still \*can\* run. You figure if you had to save your life or the life of a child, you \*could\* run, right? But I couldn't! I came home

angry and depressed and totally gave up. Shortly after, I came across this book. With a sigh, I started to look past it but it was actually the picture on the cover that got me. THAT is who I wanted to be. Plain and simple. She is what I thought I would be when I decided to start running! Curiosity got me and I had to buy this book. I figured I might as well find out what she has to say, it can't hurt. I read this book cover to cover several times and internal chapters more than that. It provided me with coaching, encouragement, answers to questions, and support. Her beginning chart does it right - starts very very slowly and does intervals - a minute of jogging, a minute of walking. I really COULD do this. I began, I timed religiously, I followed the advice and by God I DID IT! My goal was to be able to run 5k (3 miles) without stopping. I was about halfway there when I stumbled upon the Couch to 5k plan online (Couch25k). I moved onto the C25k plan easily, by equating the two charts and marking off how much I had already accomplished. I continued to move through the chart, running 3x each week at the exact times called for.

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