



Mastering Running (Masters Athlete Series)

Cathy Utzschneider

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Run faster, stronger, and longer—and remain injury free. With *Mastering Running*, regardless of your age, optimal performance and new personal bests await.

Cathy Utzschneider, highly accomplished and renowned masters runner and coach, has created the definitive guide for runners, athletes, and fitness buffs. Runners from 30 to 100 will benefit from the targeted approach that covers these aspects:

- Evaluating and refining running form to improve speed and endurance
- Exercises, stretches, and routines to prevent common age-related injuries
- Training programs for the mile, 5K, 10K, half marathon, and full marathon
- Proven strategies, used by today's top runners, that shave seconds off your time

Mastering Running contains all the advice and instruction you'd expect from an elite-level coach. With details on segmenting, front running, tapering, recovering, and fueling, *Mastering Running* is the one guide you'll rely on time and again to achieve your potential.



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