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# Runner's World Big Book Of Running For Beginners: Lose Weight, Get Fit, And Have Fun



## Synopsis

Every day, people are reaching their get-up-or-give-up moments and resolving to change. And they're realizing that running is the simplest, cheapest, and most effective way to lose weight, gain confidence, and relieve stress. For newcomers, the obstacles are fierce. There are fears of pain and embarrassment. There are schedules jam-packed with stressful jobs, long commutes, endless meetings, and sticky-fingered toddlers. *The Runner's World Big Book of Running for Beginners* - Jennifer Van Allen, Bart Yasso, and Amby Burfoot with Pamela Nisevich Bede, RD, CSSD - provides all the information neophytes need to take their first steps, as well as inspiration for staying motivated. The book presents readers with tips for smart nutrition and injury prevention that enable beginning runners to achieve gradual progress (by gearing up for a 30-minute run, a 5-K, or even a 5-miler). Above all, it will show newbies just how fun and rewarding the sport can be, thanks to the help of several "real runner" testimonials.

## Book Information

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## Customer Reviews

When you pay for a book, you expect to get all the information you need inside the book. However, this book repeatedly refers you to the Runner's World website to get started on your running program. When you go there, if you go to the place the book directs you to go, you will eventually be asked to pay an additional \$9.99 to get the Starting Line week-by-week plan for when you start running. (Yes, they give you the walking plan for free, but when you graduate to running Runner's World tries to reach into your pocket again after they already got your money when you bought the book."I believe that back in the 1970s when I first started running, this was what we called a

"rip-off". Everything you need should be in the book. The book should have everything you need in it, and the website should be free.

This book was marketed on the basis of providing beginner advice but only provides one level of running plan, then directs you to a website to buy the other plans. The plans are the most important part. Scam. Don't bother with runners world, find great free advice by searching the internet a bit.

This book is a joke. It gives you a walking plan, but asks you to go to their website to purchase all of the running plans that were supposed to be included. What a rip off, I have no running plans in my running book that cost me \$21.99. Save your money, don't buy this book!! I will never buy a Runner's World book again.

There are some good pointers in the book, especially about stride. There are other parts of the books that are difficult to understand - I struggled to make sense of the plan suggested in Chapter 2, Become a Runner in Five Easy Steps. The upside - there is valued advice from experienced runners such as Amby Burfoot. The downside - these runners have forgotten or never really knew what it was like to be a new runner, especially new runners who are adults. "Get over it" is not good advice for creating motivation.

Total Crap & a Scam - The advertising from the Runner's World website touts this book as a way to "Become a Runner in 5 Easy Steps!" and "Get All 5 Learn to Run Training Plans!" ...Not Available in Stores! ...well, it's not available in the book either. Chapter 2 covers the 5 steps but only gives a program for walking. All the other steps only give a sample week then refer you to a website where you have to buy the programs - either \$9.99 for a pdf of the program or \$19.99 for the Personal Trainer Plan and those prices are for EACH step. Interspersed throughout the book are pages with "How Running Changed My Life" and I enjoyed reading a few of those, other very basic information might be useful to total beginners. Overall, the main reason for getting the book was to see those programs. In my mind, I've already paid for them once and I'm sure not going to pay for them again. Definitely do NOT buy this book if you want actual running programs you can actually use.

I bought this book for my wife who wanted to a program to add distance to her running program. Everything you want to use this book for asks for more money. Really this is like one of those free to use apps for your phone, it tells you some basic information but anything you would want to use this

book for ends up asking for more. I would save your money and buy something else. Seriously disappointing.

I'm a beginning runner so there is a lot in this book that is really helping me improve. They have updated their diet section to include information that healthy fats are good for you, but in other parts of the book, they are really harping on eating low fat, so I found that a little inconsistent (not to mention, the low fat advice goes against current nutritional science). One minor peeve is that they have plans for several training programs, but you only get samples in the book. If you want the full plan, you need to go to their website and buy them. Otherwise, you just get general advice on how to train in that area (for example, how to run faster). I can understand having to get fair value for the work that goes into these, but in a book that retails for \$22, I'd expect you to either include all the information or put them in the back in an "other resources" section, rather than including them in the chapters and then telling you that you need to buy them. All in all, though, good information from a reliable resource and I'd buy this book again.

So, I wanted to start running. I did start running. You know? From telephone pole to telephone pole. Struggling to breathe and not die. Embarrassed that someone might see my fat rear chugging along for, what, twenty paces of running before dying. I dug into runnersworld.com and I ran across this book - It's full of tips and advice for people just like me - getting off the sofa and learning to run - becoming a runner. I didn't start running until I was up to 5+ miles of walking a day, but then I got that itch. You know? That little thing inside that said, "Run. Just do it. How bad can it be?" Okay, it was bad at first. But after a week or two, I suddenly felt like I wasn't just clodding along, but actually "running" - a little. This book really helped me understand that I'm on a path so many have gone down before - and I don't regret a minute of it. If you're new to running, or just new to beginning to think about running, get this book. Read it and know you're not alone in your journey.

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