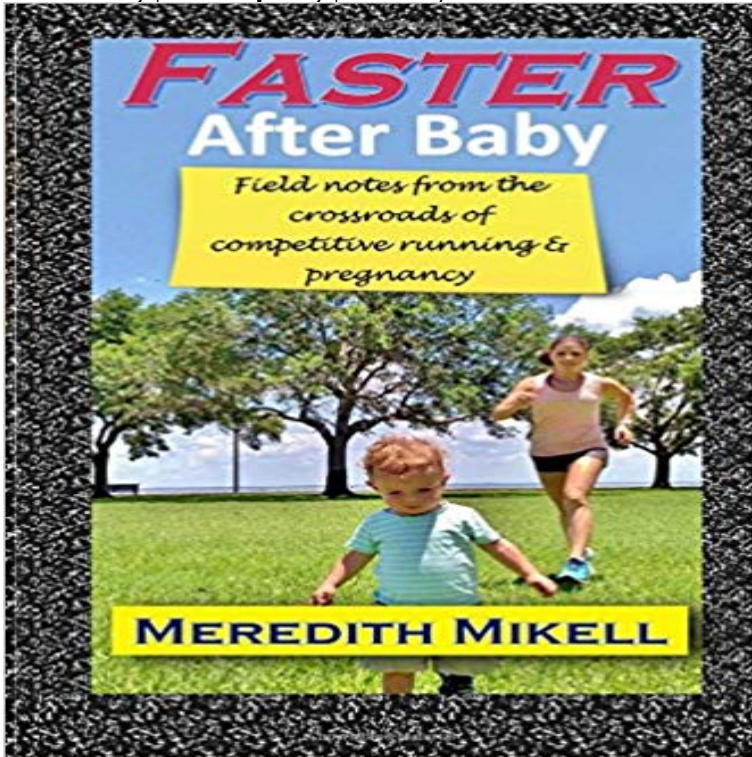


Faster After Baby: Field notes from the crossroads of competitive running and pregnancy



Pregnancy and new-motherhood can mean many changes and unknowns for competitive runners. Running moms-to-be frequently ask: - Can I still train while pregnant? - Is running safe for my baby? - What changes can I expect in my running? - Can I be both a successful competitive runner and a successful mom? Faster After Baby answers those questions, and many more, while journeying into the joy, challenge, and science of competitive running and pregnancy. It combines a narrative of the authors personal experience, a collection of stories from other running mothers, and a crash course in sports anatomy and physiology. For anyone who worries about how pregnancy will alter their running careers, professional and recreational athletes alike, Faster After Baby will uplift your spirit and empower your mind with an informative blend of story and science!

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