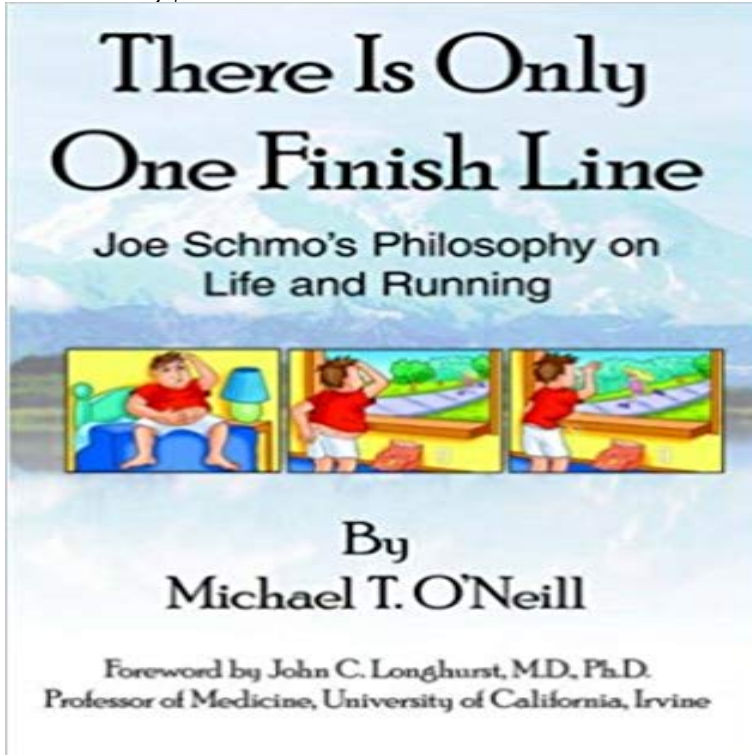


There Is Only One Finish Line: Joe Schmos Philosophy on Life and Running



If you are overweight, lethargic and slow moving, imagine a life full of energy where you can do almost anything you want to do and at the same time enjoy good food and wine. A fit and healthy lifestyle can bring with it self-esteem and confidence, better relationships, more job opportunities, joie de vivre and most important of all, a can-do attitude. If you are a Joe or Jo Schmo - leading a sedentary lifestyle, unfit and rarely exercise this book can put you on the road to a longer, healthier and more fulfilling life. Written for both novices and regular runners, its step-by-step approach motivates first-timers to take the initial step and for regular runners to take the next logical step and really get serious about their training. The book provides a common-sense approach to improving health and fitness to reduce the risk of heart disease and hopefully add a few extra years onto your life that will be less stressful and more enjoyable. The early part of this book is devoted to those people who can identify with Joe or Jo Schmo and wish to make exercise a regular part of their routine but are not sure where to start. The remaining chapters progress through the various aspects of running, such as training for short races all the way up to the marathon, health and nutrition, the science of running, cross training and finally the benefits of a regular running program.

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