



Walking Fast

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Are you an avid walker looking to take the activity to the next level? Perhaps you're a runner who wants to find a way to end aching joints and muscles without giving up great, heart-pounding workouts. Or, maybe you're a cross-trainer in search of a new, low-impact workout that will burn calories and improve your fitness level.

If you're serious about fitness and seeking a better way to workout, then *Walking Fast* is for you. This complete guide provides all the building blocks to get started on a fast walking program, and it contains easy-to-apply science that accomplished walkers can use to reach a new level of performance. Inside, you'll find

- self-tests to help you evaluate your walking technique and goals;
- 18 illustrated walking exercises designed to help you master the three-phase walking technique and eliminate trouble spots in your walking movement;
- 29 walking workouts in five categories: easy, long, anaerobic threshold, aerobic capacity, and anaerobic capacity; and
- sample programs for three levels of walkers.

Walking Fast also contains an entire chapter devoted to racing, with information applicable to fast walkers just beginning to race as well as those looking for serious race walking competitions. Plus, a helpful appendix provides a list of race walking resources and tips about how to plug into the race walking network.

Take the next step toward reaching your walking goals and get *Walking Fast*.

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Jack Murray:

What is your hobby? Have you heard this question when you got students? We believe that that concern was given by teacher to their students. Many kinds of hobby, Everyone has different hobby. Therefore you know that little person similar to reading or as reading become their hobby. You should know that reading is very important and book as to be the matter. Book is important thing to include you knowledge, except your own personal teacher or lecturer. You will find good news or update with regards to something by book. Different categories of books that can you decide to try be your object. One of them is this Walking Fast.

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