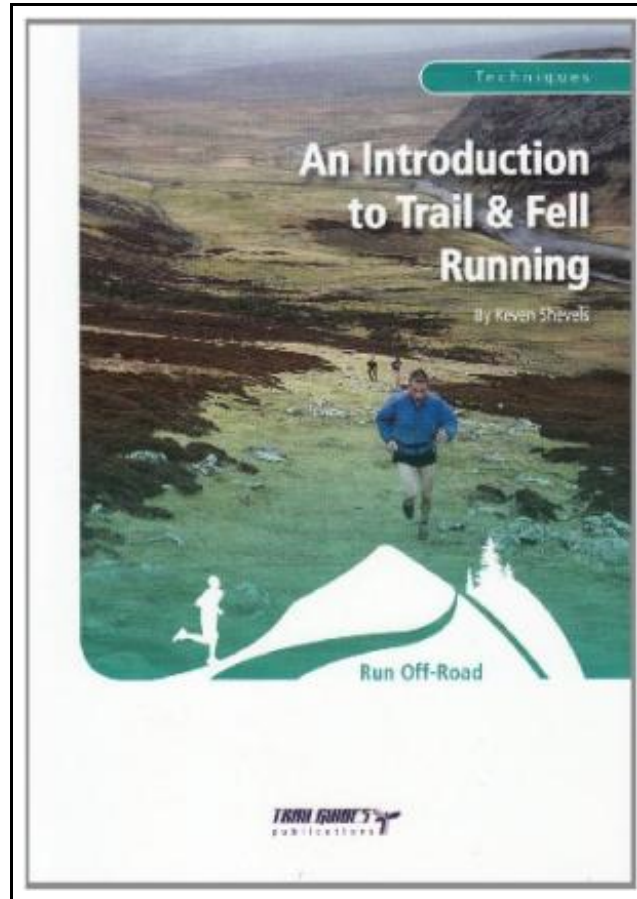# An Introduction to Trail and Fell Running (2nd edition)

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Reviews

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Trailguides Limited. Paperback. Book Condition: new. BRAND NEW, An Introduction to Trail and Fell Running (2nd edition), Keven Shevels, The booklet first explains the differences between trail and fell running. In the training section the constituent parts, namely uphill running, downhill running, endurance running, speed training and running over different terrain are examined with sections on strength training and appropriate flexibility sessions for the trail and fell runner. The section then concludes with advice on training sessions and how to construct different types of sessions to maximise your training. The relevant clothing and equipment for the two types of running are explained and why some aspects are made compulsory for all competitors in fell races. The booklet finally concludes with a section on what to expect when you compete in your first trail or fell race, about the registration, the facilities, what to expect when you are out on the course and what happens when the run is over.

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