



# Kara Goucher's Running for Women: From First Steps to Marathons

*Kara Goucher*

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**Kara Goucher's Running for Women: From First Steps to Marathons** Kara Goucher  
GET FIT, GET FAST, AND GO FARTHER WITH OLYMPIC RUNNER KARA GOUCHER'S  
COMPREHENSIVE GUIDE TO RUNNING FOR WOMEN

KARA GOUCHER is crazy, madly, head-over-heels in love with running, and she wants to help you feel that love, too. Whether you're just getting started or already a seasoned runner, this is the book that will take you to the next level. *Kara Goucher's Running for Women* contains her expertise, tips, and tricks targeted specifically at female runners to help you become a better, happier, healthier, and more fulfilled runner. She'll teach you how to:

- GET STARTED WITH THE RIGHT GEAR
- BUILD A SUCCESSFUL SUPPORT TEAM
- FIND THE RIGHT TRAINING PROGRAM FOR YOU
- OVERCOME PSYCHOLOGICAL SETBACKS
- BALANCE RUNNING WITH FAMILY AND WORK
- AND MUCH MORE

Designed to fit your busy lifestyle, *Kara Goucher's Running for Women* is packed with quick tips, pearls of running wisdom, and sample training schedules and nutrition plans, as well as sections dedicated to running during and after pregnancy, managing the special challenges of the female athlete's body, and maintaining a balance between sporting and family life. *Kara Goucher's Running for Women* is the ultimate guide for women who want to train for the gold or simply discover their personal best.

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