



Young Runners: The Complete Guide to Healthy Running for Kids From 5 to 18

Marc Bloom

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Loaded with clear and practical information that parents, coaches, and children can put to quick use, *Young Runners* is a comprehensive guide to recreational and competitive running for children of all ages. Former running coach Marc Bloom draws on years of experience, as well as on some of the most successful youth running programs in the United States today, to offer a safe start for our youngest runners and continued healthy running through adolescence. *Young Runners* includes:

- Training programs for children aged 3 to 11, 12 to 14, and 15 to 18, including warm-ups and stretches for injury prevention
- Information about speed and distance, as well as weekly training programs
- A guide to youth races across America

Bloom also outlines the different basics for boys and girls, cross-training for enhanced performance in other sports, and the best way to add running to the lives of special-needs children. Filled with inspiring stories and straightforward advice, *Young Runners* focuses above all on the enjoyment of running that should be a part of every kid's life.

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