

NEW FROM ASHFIELD PRESS

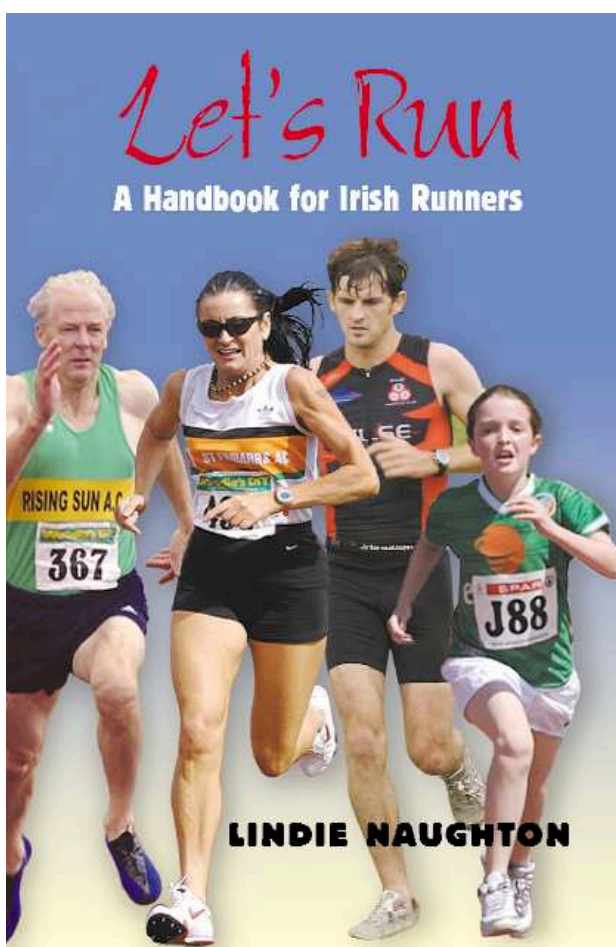
ashfield
PRESS

Let's Run

A Handbook for Irish Runners

LINDIE NAUGHTON

PUBLICATION
DATE
**OCTOBER
2007**



Let's Run is a guidebook for runners and coaches, written by Lindie Naughton, who is a long-established Irish sports journalist and athletics coach.

As well as providing information for novice runners, the book serves as a handy reference book for group leaders and club coaches, gathering together routines and drills for warming up, cooling down and circuit training.

A feature of the book is the collection of training schedules for all distances, from sprints to the marathon and triathlon.

Written in a bright and readable style. *Let's Run* is illustrated by specially commissioned photographs, drawings and cartoons.

The Author:

LINDIE NAUGHTON was one of the journalists behind the enormously successful Dublin Women's Mini Marathon, which is the largest race of its kind in the world. In June 2007, the race celebrates its

25th anniversary. Lindie is also a long-time coach with Crusaders Athletic Club in Dublin, the Irish Mountain Running Association and Three Rock Orienteering Club.

She writes weekly columns on athletics and minority sports for the Evening Herald newspaper. She has also written a number of books, most recently *How to Mow the Lawn, A Beginner's Guide to Gardening* (New Island 2003) and *Lady Icarus: the Story of Irish Aviator Lady Mary Heath* (Ashfield 2004). She continues to run a few miles three or four times a week

ashfield
PRESS

ASHFIELD PRESS LIMITED
30 Linden Grove • Blackrock
County Dublin • Ireland
TELEPHONE: 01 2889808 / 087 6816752
EMAIL: susanwaine@ashfieldpress.com

Format: Paperback 216mm x 138mm
Extent: 175 pgs. photographs/drawings/cartoons
Subject Classification: Sport/Leisure
Price: €12.99
ISBN: 978 1 901658 68 2