

Women's Running

RRP: \$9.50

On Sale: Now!

Category: Special Interest
Health & Fitness

Issue: August 2010

Here at Women's Running we understand running for women is a whole different ballgame. Women are just built differently from men, which means we require different shoes, different kit, different training advice, and sustain different injuries not to mention the physical changes that can affect our training such as periods, pregnancy and the menopause.

Our magazine offers friendly, straightforward advice, inspiration and guidance to all levels of runner, giving you the motivation to get out there..

