

ABG to Half-Marathon Training

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First Printing Corrections

Pg	Error	Correction
91	<p>Triceps section:</p> <ol style="list-style-type: none">1. While you stand or sit, raise your left arm over your head.2. Bend at the elbow and place your left hand on your back between your shoulder blades.3. Grasp your left elbow with right hand.4. Gently pull your left elbow behind your head and downward.5. Hold for 10-30 seconds.6. Repeat with your right arm, relax, and repeat 2-3 times with each arm.	<ol style="list-style-type: none">1. While you stand or sit, raise your right arm over your head.2. Bend at the elbow and place your right hand on your back between your shoulder blades.3. Grasp your right elbow with left hand.4. Gently pull your right elbow behind your head and downward.5. Hold for 10-30 seconds.6. Repeat with your left arm, relax, and repeat 2-3 times with each arm.

<p>92-93</p>	<p>Hip twist section:</p> <ol style="list-style-type: none"> 1. Sit with your legs straight and your upper body nearly vertical; place your left foot on the right side of your right knee. 2. Place the back of your right elbow on the left side of your left knee, which is now bent. 3. Stabilize your upper body with your left hand placed 6-12 inches behind your left hip. 4. Gently push your left knee to the right with your right elbow while turning your shoulders and head to the left as far as possible. 5. Hold for 10-30 seconds. 6. Repeat with your right leg, relax, and repeat two to three times for each side. 	<ol style="list-style-type: none"> 1. Sit with your legs straight and your upper body nearly vertical; place your right foot on the left side of your left knee. 2. Place the back of your left elbow on the right side of your right knee, which is now bent. 3. Stabilize your upper body with your right hand placed 6-12 inches behind your right hip. 4. Gently push your right knee to the left with your left elbow while turning your shoulders and head to the right as far as possible. 5. Hold for 10-30 seconds. 6. Repeat with your left leg, relax, and repeat two to three times for each side.
<p>93</p>	<p>Lower back section:</p> <ol style="list-style-type: none"> 2. Bend your right knee... 5. Lower your shoulders and then lower your right leg back to the floor and repeat with your left leg... 	<ol style="list-style-type: none"> 2. Bend your left knee... 5. Lower your shoulders and then lower your left leg back to the floor and repeat with your right leg...

95	<p>Gastrocnemius section:</p> <p>2. Place your right leg behind your left leg, keeping your right leg straight.</p> <p>3. Slowly move your hips and upper torso forward, keeping your back straight, and the heel of your right foot on the ground (this stretches your gastrocnemius).</p> <p>5. Now, slowly begin to lower your body a few inches by bending your right knee...</p> <p>7. Repeat with the left leg behind the right...</p>	<p>2. Place your left leg behind your right leg, keeping your left leg straight.</p> <p>3. Slowly move your hips and upper torso forward, keeping your back straight, and the heel of your left foot on the ground (this stretches your gastrocnemius).</p> <p>5. Now, slowly begin to lower your body a few inches by bending your left knee...</p> <p>7. Repeat with the right leg behind the left...</p>
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This errata sheet is intended to provide updated technical information. Spelling and grammar misprints are updated during the reprint process, but are not listed on this errata sheet.