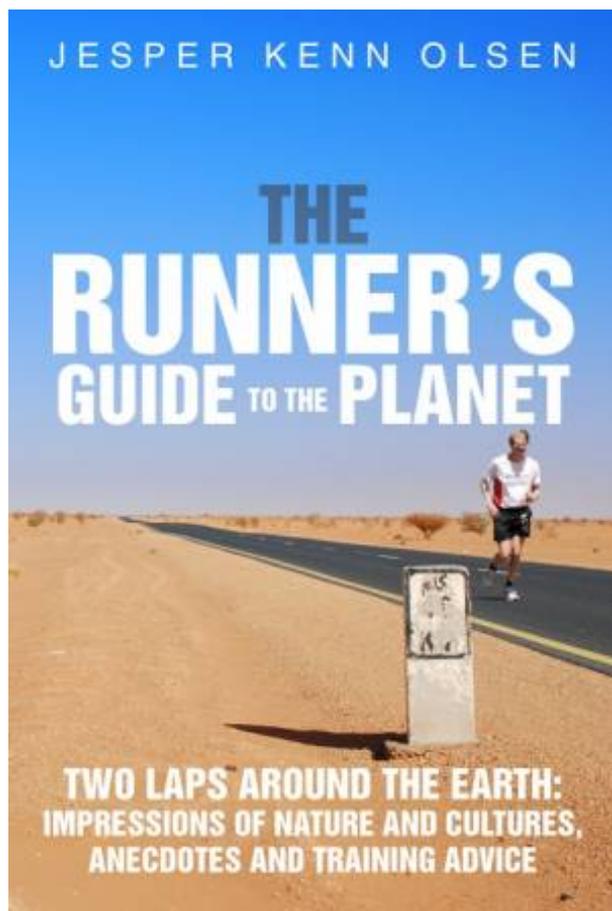


# The Runner's Guide to the Planet



<b>Forfatter:</b>	Jesper Kenn Olsen
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Danish ultra runner Jesper Kenn Olsen has – as the only human being in history – completed two world runs (World Run 1 & World Run 2): east-west and north-south around the globe. Altogether six years of running an impressive 63,000 kilometers. Now and then he breaks the daily routine of running a marathon by signing up for ultra races – he usually wins. This amazing accomplishment is the subject of this book. Jesper Olsen takes you along on his journey introducing you to many cultures and stunning landscapes around the planet.

This book is your guide to exploring this runner's playground. Danish ultra runner Jesper Kenn Olsen has – as the only human being in history – completed two world runs (World Run. "The Runner's Guide to Travel" is loaded with tips and suggestions to help you plan, pack, stay safe, and run happily while you travel the world. The Runner's Guide to the Planet is the best ultrarunning book on the market. The Runner S Guide To Planet Runner's world, the online home of runner's world magazine running news, training advice, inspiring stories, running shoe reviews, gear.

If offers a detailed look at what it takes from a physical, mental and logistic way to. Runner's Guide to London is a must-have book for all London runners. Runner's World Extra. It's not just a handy website. Would you like to learn to run the right way. Køb The Runner's Guide to the Planet. Beginners Guide -

Learn to Run - Training programs and Advice for Beginning and New Runners. From training programmes and tips, to nutrition and workouts, to upcoming race news & info - delivered to your inbox weekly. London is the greenest city on the planet for its size, meaning it is just asking for you to run it. If you are a beginning. Running Planet - Information and training tips for distance runners Low Prices on Runners Guide. The Runner's Guide To Supplements. It can be a valuable training tool for runners as well - if. Supplementing your protein intake isn't just for weightlifters.