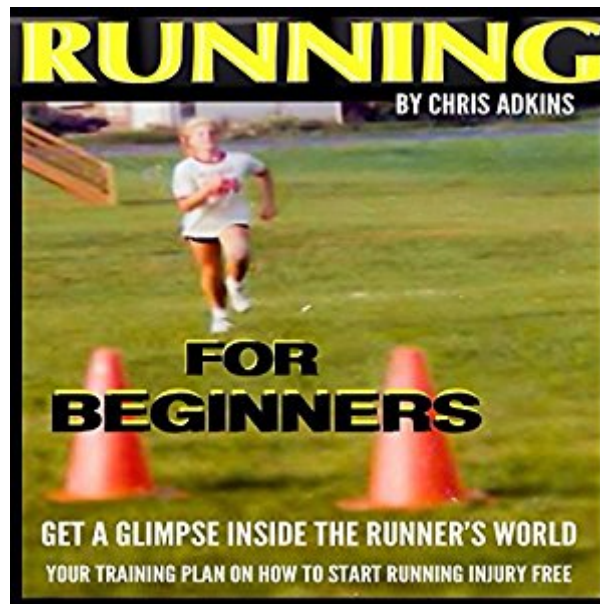


The book was found

Running For Beginners: Get A Glimpse Inside The Runner's World: Your Training Plan On How To Start Running Injury Free



Synopsis

Running For Beginners: Get A Glimpse Inside The Runner's World: Your Training Plan On How To Start Running Injury Free More people are starting to run for health, weight loss, fitness, and competition than ever. If you are looking to have your questions answered about the running lifestyle, then you have come to the right place. There is no need to look any further. I am confident you will find your answers and you will learn about the power of running. This running book is packed full of all of the information and motivating tips you need to know about how to start running in our modern world. It informs beginning runners what they need to know to run safely and injury free, resulting in improved performance. Not only does this running book prepare you for the physical aspect of running, but also it prepares you mentally so you stick with it and don't give up. Also included is your 10 week running training plan to guide you step by step safely and efficiently through your every day runs. Here Is A Preview Of What You'll Learn>How To Leave The Couch Behind And Start To RunMotivating Reasons To RunTop Questions Asked By Beginning RunnersIs Running Right For You? The Benefits Of Running Mind And Body Preparation What You Need To Know Before You Start RunningInjury PreventionStep By Step How To Run For 30 MinutesWhat Proper Gear You Need To Start RunningThe Qualities Successful Runners HaveTips To Run BetterThe Do's And Dont's Of RunningHow Running Will Change YouHow Running Benefits Your Every Day LifeYour 10 Week Running Training Plan

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