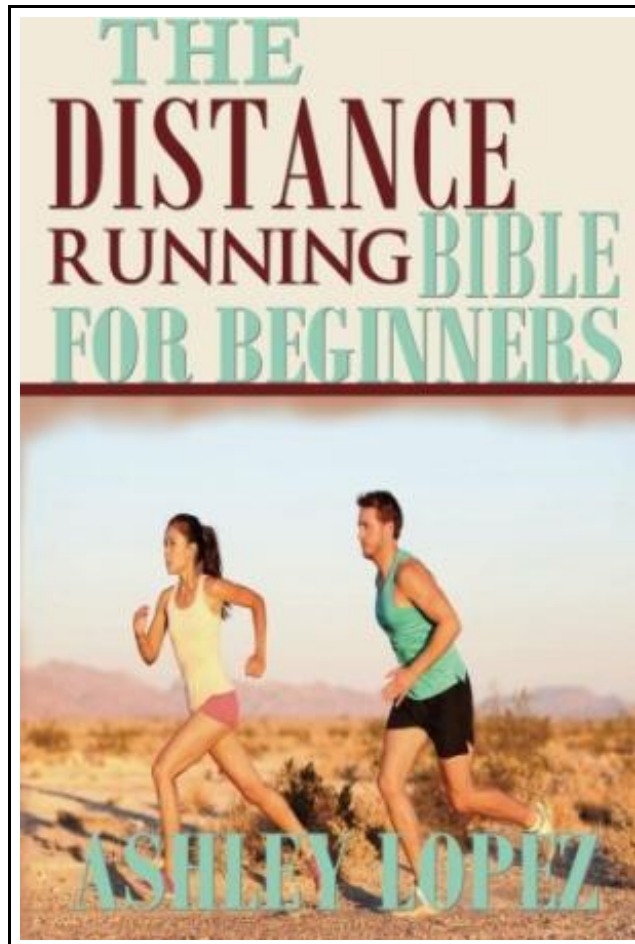


The Distance Running Bible for Beginners: Lose Weight, Get Fit and Boost Your Confidence (Paperback)



Filesize: 9.69 MB

Reviews

Extremely helpful for all type of folks. It generally is not going to expense a lot of. I found out this book from my dad and i advised this book to find out.

(Melany Goyette)

THE DISTANCE RUNNING BIBLE FOR BEGINNERS: LOSE WEIGHT, GET FIT AND BOOST YOUR CONFIDENCE (PAPERBACK)



Createspace, United States, 2014. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Everything A Beginner Needs To Know To Start Running The Distance Running Bible For Beginners provides all the information you need to take your first steps, as well as inspiration for staying motivated to reach your goals. Have you ever wanted to start running - either to get fit or just for fun - but didn't know where to start? This practical and easy-to-understand book offers a simple, motivational training technique that will help anyone get into the running lifestyle. The Distance Running Bible is packed with tips for smart nutrition and injury prevention as well as realistic training plans that help new runners to achieve gradual progress, from starting your training to buying the right equipment and clothing. Train for any race, from a 5K to a marathon. All of the methods and techniques described can be incorporated into even the busiest lifestyle, and will help improve well being, relieve stress, and increase vitality. Get the Best Advice to Get Started, Stay Motivated, Lose Weight and Run Injury-Free. Tags: distance running, long distance running, running books, running, running shoes, jogging, jogging book, marathon training, marathon running, marathon, marathon running, sprinting, multiday running, ultra running, types of distance training, distance running formula, distance running training, 5k and 10k training, distance cycling, jogging running, jogging book, jogging stroller, weight loss, lose weight, healthy living, fat loss, health and wellness, wellness, health, fitness, diet, nutrition, workout, work out, gym, health psychology, lean muscle, muscle, health and dieting, health and diet, diet and weight loss, diet books, health books for kindle, weight loss for women, weight loss for men, weight loss motivation, wellness books, fat loss books, eating healthy, healthy...



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