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5 Weeks to 5k (Paperback)

By Julie Creffield

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A no fuss practical guide for women who want to take up running. With a focus on tackling the negative voices we hear in our head telling us we can't do it this book will get you to that all important 5K point in just five weeks, ensuring you don't have a nervous breakdown or give up completely in the process. Focussing on the things that many running plans forget to mention like how to motivate yourself to simply get out the door more than once a week and how to switch the quote;gee this is hardquote; voices off in your head this book is an idiots guide to becoming a runner and without all that talk about the need for a good sports bra anywhere. The author Julie Creffield from the Fat Girls Guide to Runner has 10 years experience of running and helping other women find the joy of running, and via her website she campaigns to broaden the sport out and to encourage overweight and inactive women to give her...



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