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

By Ashley Lopez

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. 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...



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