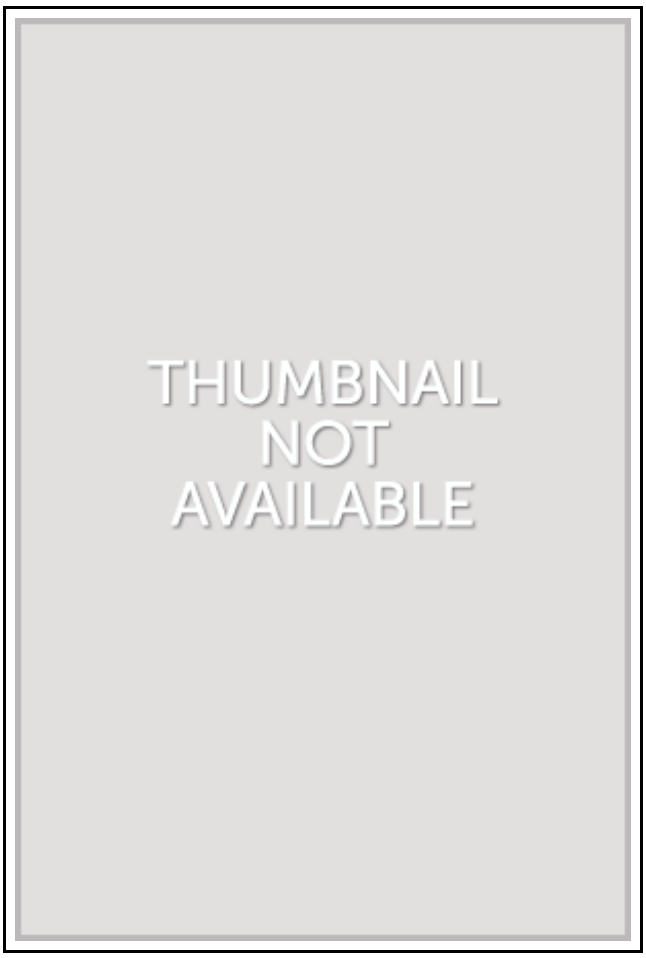
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Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Running For Beginners: Get A Glimpse Inside The Runner s World: Your Training Plan On How To Start Running Injury Free More people are starting to run for health, weight loss, fitness, and competition than ever Are you looking to start running to improve your overall health? To lose weight? To get fit? To boost your energy levels? To boost your self confidence? To have relief from stress? These are just a few of the many good reasons to run. The benefits that come with the running lifestyle will make you feel good, look better, and give you more energy if you learn to run. Running is simple and inexpensive and continues to grow in popularity. More and more people are taking up the sport of running. Some are taking up running as a form of recreation and some as a profession. You may feel that starting to run is overwhelming, nerve wracking, or even embarrassing. However, you may find that once you start to run how supportive people really are, watching you achieve your goals. This running guide was written to help ease you into the sport of running. It contains all the information and inspiration any beginning runner requires to get off the couch and start running. It is powerful in guiding the beginning runner through those first challenging weeks of running. 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...

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