



Running: A Beginner's Guide On How to Start Running For Health, Fitness and Mental Toughness (Running For Beginners, Weight Loss, Endurance Training)

Max Everett

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Get A Good Running Start With This Easy-To-Read Guide!

Recreational running has enjoyed a resurgence in the last forty years or so. A book simply called “Jogging” was published in the United States in 1966. It was so successful that recreational running began to pick up steam. During the 70’s, around 25 million people worldwide took up running for fitness and social recreation. Why did it become so popular? For starters I challenge you to find another form of exercise in which you can burn 100 calories in under ten minutes. Then there is the social factor; Running is an excellent way to meet and bond with people in groups. If you are single and looking for someone with an active lifestyle, a running group is a much better bet than a bar. Another huge factor is that running as a sport has a very low barrier of entry; anyone can lace up some shoes and get started within the day!

Whether you are looking to improve your health, lose some of that pesky belly fat or develop the mind of a hardened warrior, running is a great activity to include in your training program. During the course of this introductory guide, we will take a look at what you need to know as a beginner, as well as provide you with the information you need to become an intermediate.

During The Course Of This Book You Will Learn About:

- The many benefits of running
- How to find the correct clothes and shoes to wear for your first run
- The correct techniques you need to know to stay injury free and progress faster
- How to plan and execute your very first run
- The proper foods to eat before and after a session
- The most common injuries and how to avoid them
- How to track your progress and manage your downtime
- How and what to stretch before and after a run

And more!

Take your health, fitness and mental toughness to the next level!

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From reader reviews:

Brooke Jenkins:

Spent a free time and energy to be fun activity to do! A lot of people spent their free time with their family, or their particular friends. Usually they accomplishing activity like watching television, planning to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Might be reading a book may be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to try look for book, may be the guide untitled Running: A Beginner's Guide On How to Start Running For Health, Fitness and Mental Toughness (Running For Beginners, Weight Loss, Endurance Training) can be fine book to read. May be it might be best activity to you.

Betty Edmond:

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Blair Gant:

Running: A Beginner's Guide On How to Start Running For Health, Fitness and Mental Toughness (Running For Beginners, Weight Loss, Endurance Training) can be one of your beginner books that are good idea. All of us recommend that straight away because this reserve has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort to put every word into pleasure arrangement in writing Running: A Beginner's Guide On How to Start Running For Health, Fitness and Mental Toughness (Running For Beginners, Weight Loss, Endurance Training) however doesn't forget the main place, giving the reader the hottest in addition to based confirm resource data that maybe you can be one of it. This great information can certainly drawn you into brand new stage of crucial imagining.

Gary Muldowney:

Does one of the book lovers? If so, do you ever feeling doubt if you are in the book store? Aim to pick one book that you never know the inside because don't judge book by its handle may doesn't work this is difficult job because you are afraid that the inside maybe not as fantastic as in the outside appear likes. Maybe you answer could be *Running: A Beginner's Guide On How to Start Running For Health, Fitness and Mental Toughness (Running For Beginners, Weight Loss, Endurance Training)* why because the excellent cover that make you consider in regards to the content will not disappoint you actually. The inside or content is actually fantastic as the outside or perhaps cover. Your reading sixth sense will directly direct you to pick up this book.

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