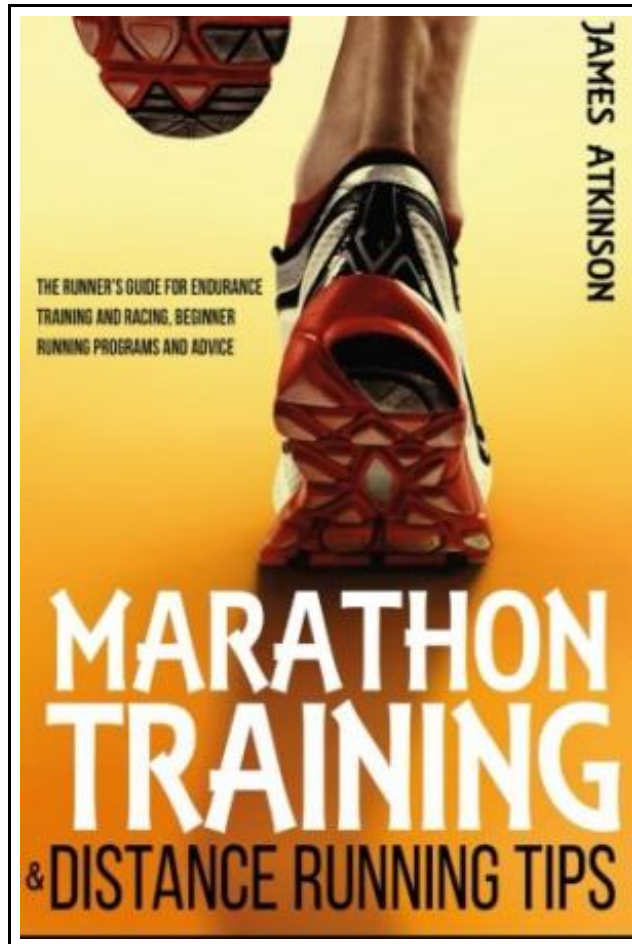


Marathon Training Distance Running Tips: The Runners Guide for Endurance Training and Racing, Running Programs from an Ex-Airborne Solider



Filesize: 3.44 MB


Reviews


Excellent e-book and useful one. It can be rally intriguing throgh looking at time period. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Pasquale Klocko)

MARATHON TRAINING DISTANCE RUNNING TIPS: THE RUNNERS GUIDE FOR ENDURANCE TRAINING AND RACING, RUNNING PROGRAMS FROM AN EX-AIRBORNE SOLIDER



Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Long distance running is much like any other fitness training. If you want to improve, you need a good plan that has a progressive nature. If you are new to this game, you need a solid foundation to build on. Having a running program is not the only thing that you need. Sound advice and running tips should be taken from someone who has walked the walk . Or in this case; Ran the run Hi, my name is James Atkinson from . I m a qualified fitness coach / personal trainer and I have a fair bit of running advice that I would like to share with you. When I was around 18 years old, I was a terrible runner! In fact, I failed the basic fitness test for army entrance on running alone, and I failed big time! Several years later, I was clearing 1.5 mile running circuits in 8 minutes and 22 seconds and could easily run a marathon any day of the week! I would like to share my knowledge and training experiences with you. If you are a beginner when it comes to running, this information will no doubt give you advice that will probably not have even crossed your mind before. If you are already a runner and are looking to make more progression, you are also in the right place. I know that it is easy to get stuck on a training plateau, so I have also added some information and training methods to this book that will help you leave the plateau behind. Some of the chapters include: Why should you take my advice? My story. Accountability,...

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