



**Running For Beginners: 23 Outstanding Lessons
on How to Start Running and Reduce Your Weight
(Running For Beginners, Running, Running
books)**

Wanda Cruz

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Do you ever see your friends who enjoy 5Ks, 10Ks and other road races and wish you could join you? Have you wanted to learn how to run but never took it up because every time you tried you ended up feeling discomfort, aches and pains that made you stop? You don't have to stand on the sidelines anymore.

No matter your current health and fitness level or your past experiences with running, whether short, middle, long or ultra distance running, the lessons shared in this brief, easy to read and enjoyable guidebook will get you over the hump and out on the road. The joy of running is found in the pleasure of those solitary moments on the course. You are competing against everyone and just yourself. Will you set a personal best? Will you achieve more than you have before? The pursuit of improvement for runners is only part of the motivation.

The other part is the sheer joy of running. You know that runner's high? It's true. As you go further, your body kicks out endorphins and other pleasure hormones that invigorate a person. Nothing feels better than that moment when you hit your stride and the distance flies by.

In this book are 23 lessons that will get you off the couch and out there running. Here are some of the things that you'll learn:

- How to get started – pre-training and initial training regimens and what makes them so important
- Nutrition and diet – how the food you eat makes your run easier or harder
- Working with weights – why lifting will improve your times and which lifts can cripple you on the course
- Gearing up – picking the best clothes, shoes, socks and gadgets to help you become a better runner

Time's a-wasting. Get reading and then get running with this superior guidebook today.

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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