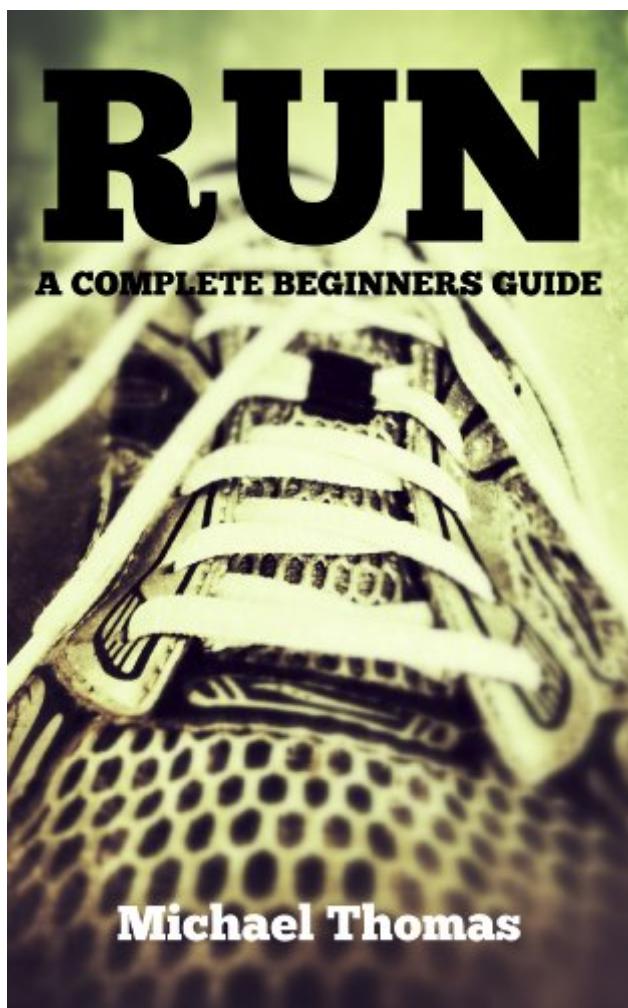


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# Run: A Complete Beginners Guide (Learn How To Start Running)



## Synopsis

Learn How To Start Running NOW! Have you ever seen someone running down the street, and thought, "If only I could do that, I could be healthier and skinnier?" This book shows you how to become that runner no matter your existing ability. Anyone can become a runner with proper training and motivation, and I'm going to show you how. Learn the first steps to becoming a runner. Taking your first steps as a runner can be challenging and frustrating without a solid plan. Too many books push you too hard and too fast which can lead to failure. In this book, I show you proven techniques that changed me from being a complete non-runner into a slim, fit, efficient runner in 16 weeks. Training plans to take you to your first race! In this book, you will get a 6 week "Pre-Running" Plan that gets you off the couch and into basic running shape. This plan is adaptable to anyone no matter your age, physical fitness, or ability level. Once you complete this "Pre-Running" plan, you will start on a 10 week training plan to get you into shape for your first 5K race! The best running gear to be a more effective runner. Running itself is not enough. There are proven ways to make your running easier, more enjoyable, and YES, even FUN! Learn what type of gear you need to succeed in running. Everything from shoes to technology is right here. Motivation and techniques to keep running.

## Book Information

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## **Customer Reviews**

I am getting back into running after a near 30 year hiatus. I wanted to look for a book that was simple but covered the basics and brought my understanding of the sport into modern terms. I think this book was a great starter for me. It didn't waste my time with too much extraneous information. The author's approach is very straight forward and practical. He stresses action first and planning. It wasn't complicated to understand. If you want a book on nutrition, this isn't for you. If you want to immerse yourself in detailed techniques and such, this isn't for you. If you want to get out and run and then tackle a goal like a 5k, this is the one. I also read his next book. Similar approach but there are some sections that are exact duplicates. Not a real problem, I skimmed those parts.

I have always been a slim person and enjoyed outdoor activities. In 2003 I was diagnosed with stage 4 breast cancer. I lost my breast and gained a lot of weight due to the medications and limited activity I could do while I was having treatment. Over the few years I had packed on over 50 extra pounds and lost my spirit for exercise. Now that I am over 50 I realize that I need my health. I have always wanted to run a 5K and then a 10K. This book has given me the encouragement that I needed to take charge. I will run in the Air Force marathon in 2013. THANK YOU FOR WRITING THIS BOOK. I RECOMMEND IT 1000% to anyone who really wants to change their life.

Ok, I admit it. I am a sedentary long-time writer with more than a few extra pounds and a heap of bad habits. So the thought of running (for fun??!!) never crossed my mind. However after reading about the author's own less than stellar background I felt running was something I might actually think about and do. I especially liked the start up chart as starting at 10 minutes feels doable. If, like me, you aren't a long time fitness nut, try this book. It's inspiring and makes running feel like it's not just for the young and the skinny!

I have always been one of those people that believed some people are just born runners...this book totally changed my perspective. I now believe even I can run a 5k. I have tried running before, and am asthmatic, and I have always given up right away because it was just too hard. He has some really good running plans for people that believe they can't run, but have always wanted to. If you're

already an experienced runner, or even a runner in general this book is probably not for you. It's for those that feel defeated and like they will never be able to easily jog down the street without throwing up. I really do hope that more people that never thought they would be able to run look into this book.

I started running about a month or so ago and picked this up for some advice. At 38 pages, it provides a good deal of encouragement, a schedule for running (which I had already figured out), and other information that's readily available on web pages. Its main theme is building up to a 5K, which I'm already able to do. I still consider myself a beginning runner and this book would be better titled "What to know about running before you begin."

I love that this book doesn't emphasize perfection, but just starting and trying a little at a time. This will definitely help me not to feel defeated when I mess up or struggle with running.

I bought this book because I can't run at all and the first part of this book is a 6-week pre running plan, so far I have only read up to that part and I am 2 weeks into the pre running plan and I am doing extremely well. His advice is great right down to the running music he suggests. I am feeling positive about what I am currently achieving and looking forward to finishing the pre running plan. Then I will finish the book and work my way up to a 5k run. This is well written, easy to understand and for an absolute beginner the tasks are manageable, which helps to build your confidence in what you are doing.

As somebody who has started, and failed, trying to run many times I have bought countless books on running. I'm happy to say that I found the only book that I need to start running and keep my motivation. Most other running books start off with a difficult 5K training plan and I lose motivation when I can't keep up. This book, however, starts with a "Pre-Running" plan for those of us who can't already run a mile the first week! The author also gives his brief story of only being able to run a few hundred feet when he started, but shows exactly how he worked up to a 5K and way beyond that! I also loved the part of the book where the author gives motivational tips that are definitely helping me to get out and run when I'm feeling lazy. This book is relatively short and to the point. No fluff, just packed with good info for the beginning runner. I can't wait to run my first race, and I am already on track to do that in just a month or so!

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