

## 5k Training for Beginners (Paperback)



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Createspace, United States, 2013. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If you ve ever fancied running a 5k or just getting fit enough to run 5 kilometers in one go (that s 3.1 miles to you and me!) and you want to do it in the shortest amount of time, without risking injury, boredom or stagnation, then this book is exactly the one for you. 5k Training For Beginners - From Couch to 5k Runner In 8 Weeks Or Less, contains everything you need to know about running a 5k in the fastest, most efficient and fun way. The book comes in 2 parts so if you re in to reading all about why and how your body changes then start by reading part 1. Part 2 deals with the physical side of running and jogging and features 4 fantastic simple to follow running programs for beginners of all shapes, sizes and fitness levels. You ll have access to some of the most up to date, cutting edge techniques to help improve your running. THE PROGRAMS AND TECHNIQUES IN THIS BOOK WORK, plain and simple. They ve been honed and refined over 12 years having been road tested by a myriad of clients from all types of backgrounds and fitness levels. You won t be bored following this unique, time saving 5k training program AND you won t need to start running endless miles each week in order to see results. If you could get the same benefits by doing a shorter more enjoyable and invigorating run as opposed to a long, arduous and grueling one, which one would you choose? Hopefully you chose the first option, because this is what the whole concept behind 5k Training for...



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