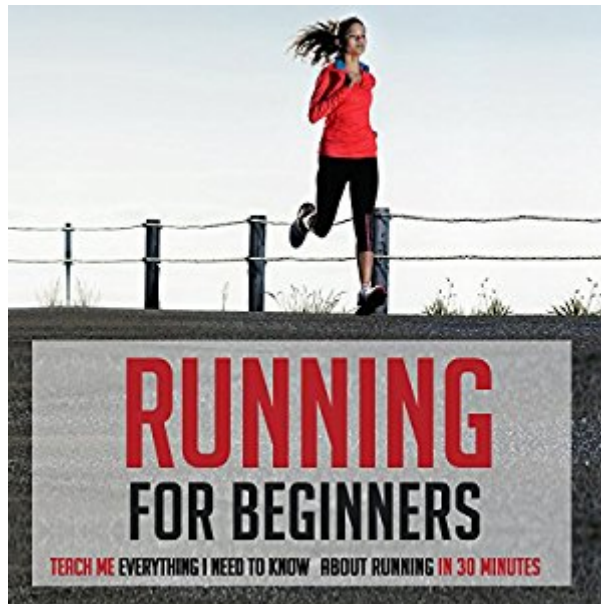


The book was found

Running For Beginners: Teach Me Everything I Need To Know About Running In 30 Minutes



Synopsis

Figure out How to Start a Running Routine and Become a Confident Runner! Running may seem simple, but you will find that it isn't if you want to do so safely and with the proper technique. There are various ways that you can run, and it can be competitively or for fun. There are many ways that you can reduce your risk of injury with running as well, and this audiobook will teach you how. From tips and techniques to some useful facts, this book will take you through what running really means and how to do it properly. Proper running can lead to a healthy and happier lifestyle, as well as an overall sense of achievement when it is used properly. This book will teach you how. Seven Reasons to Buy This Book In this book, you will learn what running really is, and how much of an importance running shoes play in the activity. This book will teach you how to run and reduce your risk of injury while you do. This book will show you some uncommon facts about running. In this book, you will learn some of the main benefits that running can provide when done regularly. In this book, you will learn the answers to some of the most commonly asked questions about running. In this book, you will learn a little bit more about how to run with different foot strikes. This book will also teach you a little bit about barefoot running. What You'll Know from Running for Beginners Essential Information about Running 12 Quick Hit Facts about Running The 10 Important Things You Need to Know about Running The 7 Crucial Benefits That Running Can Offer Frequently Asked Questions about Running Best Practices, Tips and Techniques for Running Final Thoughts on Running

Book Information

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Customer Reviews

This one is a must share for everyone because I can see nowadays that people are being conscious with their health now and running is what they wanted to do. Like me, I also wanted to include running as one of my daily exercise and this has helped me understand what I should do and not do if I am going to start running.

Nice book on running! Wonderful details about how to be a healthy runner, how it can be beneficial to your health and what you can do too stop injury. I know I've sprained my foot running barefoot, so great they point out some things about running barefoot. :)

This book has a lot of helpful and actionable tips. There's a lot of detailed info on how to keep your motivation as well as the pace. If you're serious about running, I highly recommend this book.

Sucked.

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