



## Running: Running for Beginners: A Comprehensive Guide on How to Get Started on the Road to a Fitter You! (Paperback)

By Faye Froome

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Running, Running for Beginners: A comprehensive guide on how to get started on the road to a fitter you! Everything you will need to know about starting to run for health and fitness is here in this handy beginners guide. Are you thinking about getting out and pounding the pavements in order to get fit? Do you have the inclination to start running but don't know where to start? Then this book could be for you! Taking those first steps are often the hardest and many people simply give up without truly getting to grips with the do's and don'ts of running. Running isn't difficult and it can be a very rewarding pastime. All you will need are some basic clothing and a decent set of footwear and you are ready to go. You will be surprised of the results with just a short jog around the block a couple of times a week! Get this guide now and you will be equipped with everything you will need to get started. Armed with this book and the steps contained inside you will...



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