



You Can Go the Distance Marathon Training Guide: Advice, Plans Motivation for All Runners

By Bruce Van Horn

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 166 pages. Dimensions: 8.0in. x 5.0in. x 0.6in. If you've ever thought about running a marathon, this book is for you! If you think you can't run a marathon, Bruce Van Horn will show you that you CAN go the distance! If you have run a marathon on your bucket list, this is the book you want to read first! With the information and motivation you'll receive, you will be able to say I ran a marathon! Bruce, I love the chapter! I feel honored that you would include Yasso 800s in your book! Bart Yasso, CRO, Runners World Bruce Van Horn understands the new world of engagement better than anyone I know. He is constantly uplifting and coaching others. He is always available, helping others get over their plateaus, and move to the next level. Bruce will help take 'can't' out of your vocabulary and replace it with CAN. He constantly puts out value into the world which makes the world a much better place. JB Glossinger, CEO and Founder MorningCoach.com and Alive Foundation You CAN Go the Distance! is much more than just a marathon training...

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