



# **Running For Beginners: Step by Step Guide for Better Running and Preparing for a Marathon (Running For Beginners, Running For Beginners books)**

*Leroy Burk*

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# Running For Beginners: Step by Step Guide for Better Running and Preparing for a Marathon (Running For Beginners, Running For Beginners books)

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## **Running For Beginners: Step by Step Guide for Better Running and Preparing for a Marathon (Running For Beginners, Running For Beginners books) Leroy Burk**

Long-distance running is one of the most popular activities today. There are many benefits to training for a long-distance race. A training program will improve our fitness and our overall health. Running long distances helps us to feel physically stronger, more lively and lead a more active lifestyle. By targeting a specific race, such as a marathon, we give ourselves a tangible goal. We must rise to the challenge to achieve our target. A long-distance run is not only a physical test, but a mental test too. Training for a marathon improves our willpower and ability to be self-motivated.

Completing a marathon is a major lifetime experience. It is a notable personal milestone and an achievement which we should feel be very proud. The final outcome of reaching the finishing line is important, but just as significant is the work we put into to get there. The training program, which we follow to prepare us for a marathon, is the journey taking us from novice runner to marathon competitor. It is a journey that equips us with the physical and mental strength to take on the most arduous race there is. These qualities can be transferred to our wider life and with an increased awareness of our own capabilities.

This book is a guide for beginners who wish to take on the marathon. It takes you through the basics and directs you through the stages of building up your endurance right up to race day.

## **You will learn how:**

- to organize the different components of your training program,
- to choose the right equipment,
- to slowly build up your pace so that you are running at peak levels,
- to use variety in your training to promote all-round fitness,
- to make sure your body is fully rested,
- to use interval training to push back your lactic acid threshold,
- to ensure you do not suffer burnout or over-training.

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#### **Vickie Flores:**

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#### **John Cheung:**

People live in this new morning of lifestyle always try and and must have the spare time or they will get lot of stress from both day to day life and work. So , whenever we ask do people have extra time, we will say absolutely yes. People is human not only a robot. Then we ask again, what kind of activity have you got when the spare time coming to anyone of course your answer will unlimited right. Then do you try this one,

reading guides. It can be your alternative with spending your spare time, the particular book you have read is definitely Running For Beginners: Step by Step Guide for Better Running and Preparing for a Marathon (Running For Beginners, Running For Beginners books).

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