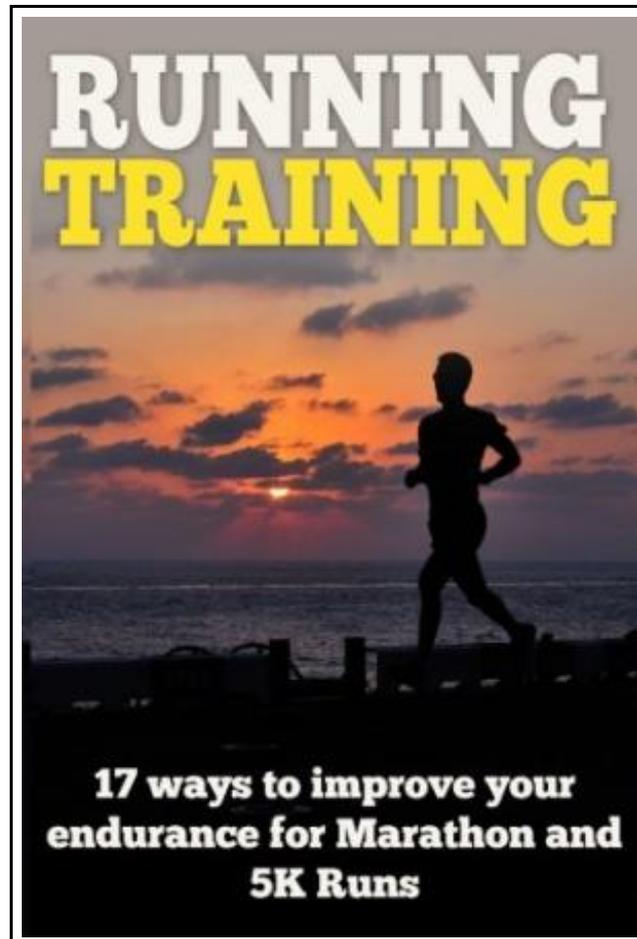


## Running Training: 17 Ways to Improve Your Endurance for Marathon and 5k Runs



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## RUNNING TRAINING: 17 WAYS TO IMPROVE YOUR ENDURANCE FOR MARATHON AND 5K RUNS



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.DISCOVER: Running Training: 17 Ways To Improve Your Endurance For Marathon and 5K Runs. How to improve your endurance and running technique for long distance running Download and read on your Kindle, PC, Mac, smartphone, or tablet device. Running, as an activity for the bored or routine of fitness enthusiasts, is not a grand undertaking. You buy yourself some shoes, find a place to run, and then you run - for however long you want, at whatever speed you want. Anyone can pick up running at any time what-so-ever and there will be a litany of mental and physical benefits; mental equity can improve, as can mood, overall health and fitness can be bettered even with an intermittent, inconsistent running schedule. For some, however, a little running training here and there is simply not enough. Running a 5k, or a marathon, is a grand undertaking. It s something you will need to prepare for in order to succeed. It s something that can injure you more than your average running session, with the potential to harm your health if not done properly. Therefore, it is of the utmost importance that you train and you practice, committing yourself to your goal fully or not at all. There is no shame in not wanting to run competitively - but there is great pride in entering the good race. This running training guide will help improve your endurance, strength, and speed whether you re a beginner runner or longtime runner and whether you re competing in a ultra marathon, triathlon or a 5K run. LEARN MORE A 5K Versus a Marathon How to Know if You re Ready to Run Long...



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