



# **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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The book untitled Running For Beginners: Step by Step Guide for Better Running and Preparing for a Marathon (Running For Beginners, Running For Beginners books) contain a lot of information on this. The writer explains the woman idea with easy approach. The language is very easy to understand all the people, so do not necessarily worry, you can easy to read that. The book was authored by famous author. The author brings you in the new time of literary works. You can easily read this book because you can keep reading your smart phone, or model, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site along with order it. Have a nice read.

#### **James Edgar:**

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