



See Mom Run: Every Mother's Guide to Getting Fit and Running Her First 5K

By Megan Searfoss

Adams Media Corporation, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Finally--5K training plans tailored just for moms! Whether you're looking for a convenient way to lose lingering baby weight or just want to get in shape to keep up with your kids, See Mom Run will help you achieve all of your fitness goals. Author Megan Searfoss shows you how to take those first steps toward preparing yourself mentally and physically for a 5K race--without having to set aside your responsibilities as a mother. She helps you assess your fitness level and devise a training plan that works with your busy schedule and goals as a runner. She'll start you off with a realistic, week-by-week walking plan that you can squeeze in before daycare or school, during lunch dates, or after dinner when the rest of the family is settled in for the night. When you're ready to move onto something a little more challenging, you'll learn how to jog and then run the full three miles at a steady pace. Perfect for novice and advanced runners alike, See Mom Run will help you cross the...



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