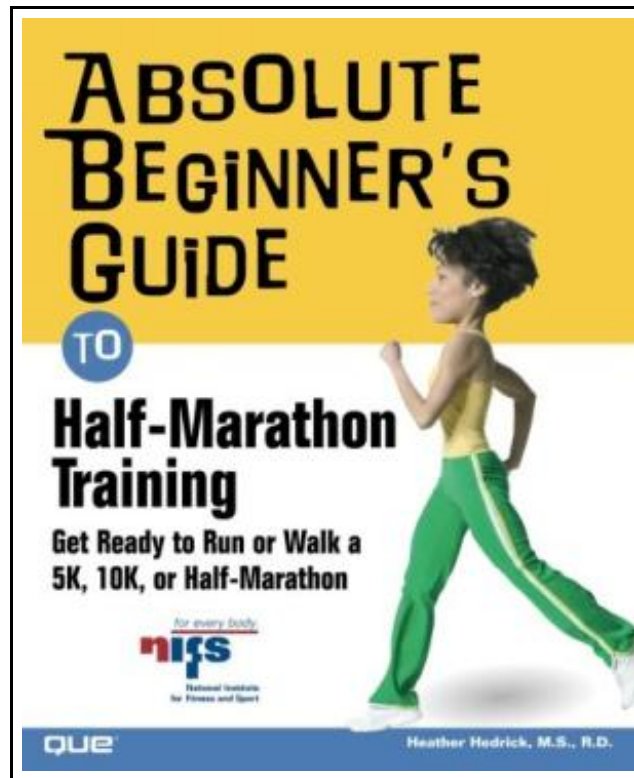


Absolute Beginner's Guide to Half-Marathon Training: Get Ready to Run or Walk a 5K, 8K, 10K or Half- Marathon Race



Filesize: 3.08 MB

Reviews

*This publication is definitely worth purchasing. it was actually writtern really completely and beneficial. Your life span will likely be change once you total reading this article pdf.
(Dell Hegmann Jr.)*

ABSOLUTE BEGINNER'S GUIDE TO HALF-MARATHON TRAINING: GET READY TO RUN OR WALK A 5K, 8K, 10K OR HALF-MARATHON RACE

DOWNLOAD



To save **Absolute Beginner's Guide to Half-Marathon Training: Get Ready to Run or Walk a 5K, 8K, 10K or Half-Marathon Race** PDF, remember to follow the button beneath and save the document or gain access to additional information which might be related to **ABSOLUTE BEGINNER'S GUIDE TO HALF-MARATHON TRAINING: GET READY TO RUN OR WALK A 5K, 8K, 10K OR HALF-MARATHON RACE** ebook.

Que Publishing, 2005. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: 1. Introduction. What Are the Benefits of Walking and Running? Who Can Train and Successfully Complete a 5K, 10K, or Half-Marathon? Why Should You Follow the National Institute for Fitness and Sports (NIFS) Training Programs? How Did NIFS Originate? How Does NIFS Accomplish Its Mission? What Is the NIFS Mini Marathon Training Program? What Are the Unique Features of This Book? 2. Getting Started. What Should You Consider Before Starting Your Training? What Is the Importance of Setting Goals? Specific and Clearly Defined Goals. Measurable Goals. Attainable but Challenging Goals. Reward Yourself. Time-Based Goals. What Are Your Goals? What Are Your Short-Term Goals? What Are Your Intermediate Goals? What Are Your Long-Term Goals? How Are You Going to Accomplish Your Goals? How Are You Going to Accomplish Your Short-Term Goals? How Are You Going to Accomplish Your Intermediate Goals? How Are You Going to Accomplish Your Long-Term Goals? What Obstacles Might You Encounter in Your Quest to Accomplish Your Goals? How Can You Track Your Progress? How Can You Use the Training Logs in This Book? How Can You Use the Nutrition Logs in This Book? 3. Choosing Your Program. How Do You Choose the Program That Is Best Suited for You? Is a Fitness Walking Protocol Right for You? Is a Run/Walk Protocol Right for You? Is an Experienced Exerciser Protocol Right for You? How Can You Determine Exercise Intensity? How Can You Establish Your Target Heart Rate Ranges? How Can You Use the Rating of Perceived Exertion Scale? Can Pace Be Used in Conjunction with Heart Rate and RPE to Measure Walking and Running Intensity? What Is Cross Training and Why Is It Important? 4. Safety Precautions. How Do You Choose...



[Read Absolute Beginner's Guide to Half-Marathon Training: Get Ready to Run or Walk a 5K, 8K, 10K or Half-Marathon Race Online](#)



[Download PDF Absolute Beginner's Guide to Half-Marathon Training: Get Ready to Run or Walk a 5K, 8K, 10K or Half-Marathon Race](#)

Related eBooks



[PDF] Read Write Inc. Phonics: Purple Set 2 Non-Fiction 4 What is it?

Access the link listed below to read "Read Write Inc. Phonics: Purple Set 2 Non-Fiction 4 What is it?" PDF file.

[Read Book »](#)



[PDF] Posie Pixie and the Torn Tunic Book 3 in the Whimsy Wood Series

Access the link listed below to read "Posie Pixie and the Torn Tunic Book 3 in the Whimsy Wood Series" PDF file.

[Read Book »](#)



[PDF] KID KRRISH BOOK 3

Access the link listed below to read "KID KRRISH BOOK 3" PDF file.

[Read Book »](#)



[PDF] The Secret Dinosaur: Book 3: Jurassic Adventure

Access the link listed below to read "The Secret Dinosaur: Book 3: JurassicAdventure" PDF file.

[Read Book »](#)



[PDF] Patent Ease: How to Write You Own Patent Application

Access the link listed below to read "Patent Ease: How to Write You Own Patent Application" PDF file.

[Read Book »](#)



[PDF] Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback

Access the link listed below to read "Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback" PDF file.

[Read Book »](#)