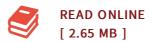




Your 12-week Guide to Running

By Paul Cowcher, Daniel Ford

IMM Lifestyle Books. Paperback. Book Condition: new. BRAND NEW, Your 12-week Guide to Running, Paul Cowcher, Daniel Ford, Your 12-week Guide to Running offers an achievable stepby-step guide to help get an unfit person to a definable goal running a 5km race in 12 weeks. The book outlines how to get started, what's needed and how to make that first step. Then using the week-by-week guide the reader works towards the target goal in very gradual steps with a weekly programme plus basic tips on nutrition, motivation, stretching and so on. The emphasis is on a very gradual approach towards achieving the goal so that the reader feels comfortable and there is constant reaffirmation of achievements as he/she works through the programme. There will also be sections for the reader's own notes, which are important for that allimportant feeling of success as he/she works towards the ultimate goal of looking better and feeling fitter.



Reviews

It is an awesome publication which i actually have ever read through. it had been writtern really properly and valuable. I found out this book from my i and dad recommended this pdf to discover.

-- Doyle Schmeler

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Brennan Koelpin