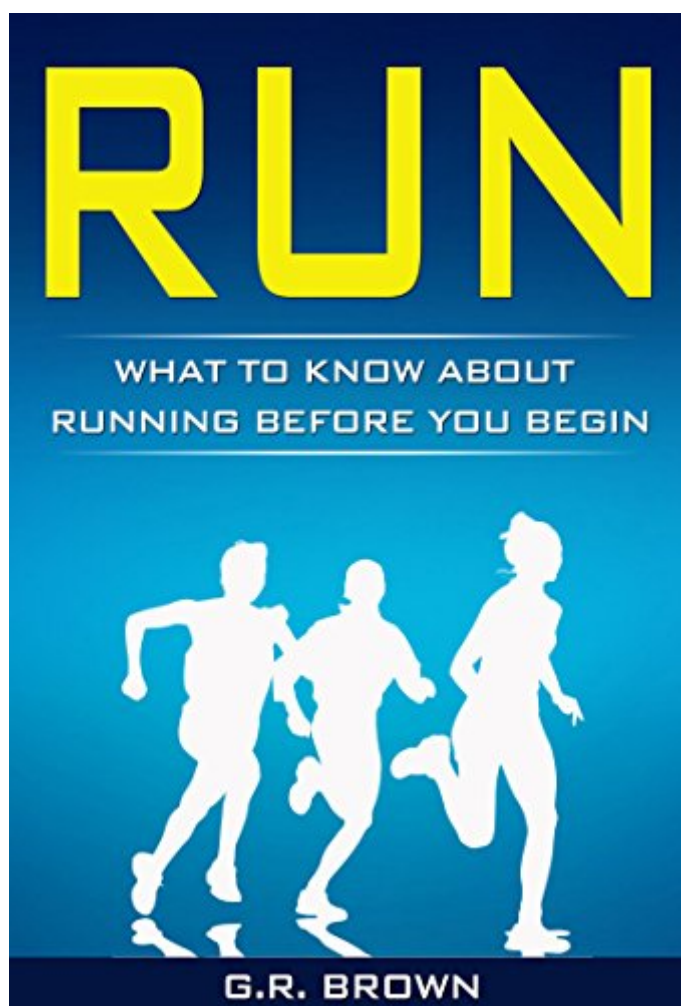


The book was found

# **RUN: What To Know About Running Before You Begin (A Complete Beginners Guide: Learn How To Start Running And Jogging): (Running And Jogging For Beginners, Weight Loss, Exercise, How To Run And Jog)**





## Synopsis

Are you just starting out as a runner, or is it something you would like to do? From experience, I know that a beginner runner has a million questions and never enough answers. I won't be able to answer every question, but this should be a good starting point for anyone who wants to start running. Many people, when they begin running, shoot for the stars. I was one of those. Let me tell you right now: hold yourself back, and start out slowly. Progress gradually. It takes some patience, but this is the best advice I can give you, and I know that it's important because of experience.

**RUN: What To Know About Running Before You Begin (A Complete Beginners Guide: Learn How To Start Running And Jogging)!**\*\*\* You're Only 7 Weeks Away From Your First 5K! \*\*\*Here Is A Small Preview Of What You'll Discover Inside:

- The Importance Of Having The Right Gear To Run;
- Best Stretches To Do Before And After Running;
- Proper Running Technique: Your Posture And Breath;
- How To Run Effectively And Efficiently;
- Strengthening Exercises After Run;
- Essential Nutritional Tips;
- Motivation Techniques To Keep Running;
- Training Plan To Take You To Your First Race

(If you are a true beginner, and cannot run for 10 minutes, you should start out with this a walk/run plan). Most important advice: just lace up your shoes, and get out the door. After that, it's cake.

**Regular Running Or Jogging Offers Many Health Benefits.** Running can:

- Help To Build Strong Bones, As It Is A Weight Bearing Exercise;
- Strengthen Muscles;
- Improve Cardiovascular Fitness;
- Burn Plenty Of Kilojoules;
- Help Maintain A Healthy Weight

(Running works even when you're at rest. High-intensity exercise like running stimulates more "afterburn" than low-intensity exercise. In a long-term comparison study of runners and walkers, calories burned through running led to 90% more weight loss than calories burned through walking). As one of the most vigorous exercises out there, running is an extremely efficient way to burn calories and lose weight.

**If You're Hoping To Use Running To Lose Weight, Here's Some Advice On How To Be Successful:**

- Healthy Eating Is The First Step (If you want to lose weight by running, keep in mind that you'll only shed pounds if you burn more calories than you consume);
- Follow A Training Schedule (Sticking to a training schedule is a simple way to stay motivated to run);
- Run Regularly (If you don't want to follow a schedule, you still need to have some consistency with your running because you won't lose weight by running once a week);
- Keep It Challenging (Incorporating speed work or interval training (running at a very fast speed for short intervals of time) into your running routine can also help your weight loss efforts);
- Eat For Performance (If you're running regularly and you're training for a long-distance event, proper nutrition is especially critical for your performance).

"Giving up on your goal because of one setback is like slashing your other three tires because you got a flat."

**Tags:** Running, Running For Beginners, Jogging, Jogging For Beginners, Weight Loss, Exercise, Run

Yourself Skinny, Lose Weight, Slimming, Walking, 5K Training.

## **Book Information**

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## **Customer Reviews**

I was always interested in getting all information about running and its health benefits. This book written by G R Brown is a complete guide on running as it tells you all about running even before you have started to run. For someone who is a beginner, this is a definitive guide as it lays the ground before one starts to run. The book is full of tips and advice that will keep you in good stead when you are beginning your journey as a runner. The author claims that if you follow the directions given in this book, you can hope to take part in your first 5K race within 7 weeks. If you are determined to succeed, this book will certainly help you a lot in your endeavor. The information has been presented by the author in a very interesting manner.

This is a really great overview on everything that's important to a runner! It includes stretches to do, the proper form you should use while running, which apps to use to track runs, motivation and even nutrition! Also, some great workouts at the end. This is a very thorough running guide! I've been running for years and learned a lot. Get this book, it's useful and totally worth it!

I've always wanted to start running as my means of exercise but never came to it because I don't know how to start and have no close friends who I can ask about it. This book is a great guide for beginners or for people who are thinking of starting to run. The tips are really helpful and put my intimidation at ease. I will surely apply all the information I learned from this book.

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RUN: What To Know About Running Before You Begin (A Complete Beginners Guide: Learn How To Start Running And Jogging): (Running And Jogging For Beginners, Weight Loss, Exercise, How to Run And Jog) Running: The Ultimate Guide To Running For Weight Loss, Health And Fitness - Includes Easy To Follow Training Plans For Beginners (How to Run, Jogging, Marathon Training) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Weight Watchers: Fast Start For Beginners. Friendly Guide That Will Help You To Lose First 20 Lbs In 20 Days: (Weight Watchers, Weight Watchers Simple ... loss tips, weight watchers for beginners) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) How To Lose Weight Without Diet and Exercise: How To Lose Weight Without Moving: Rapid Weight Loss: The Lazy Person's Guide For Weight Loss Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) Running: Lose Weight, Burn Fat & Increase Metabolism: Weight Loss Motivation (Running, Walking, Burn Fat, Marathons, Marathon Training, Weight Loss Motivation) Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) Weight Loss Box Set: Learn The Secrets of Weight Loss (weight loss, vegan diet, good gut) Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ...

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