

## Your 12-week Guide to Running



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### ***Reviews***

*The very best publication i at any time study. It really is basic but shocks inside the fifty percent of the ebook. It is extremely difficult to leave it before concluding, once you begin to read the book.  
(Marlin Swift)*

## YOUR 12-WEEK GUIDE TO RUNNING



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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 step-by-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 all-important feeling of success as he/she works towards the ultimate goal of looking better and feeling fitter.



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