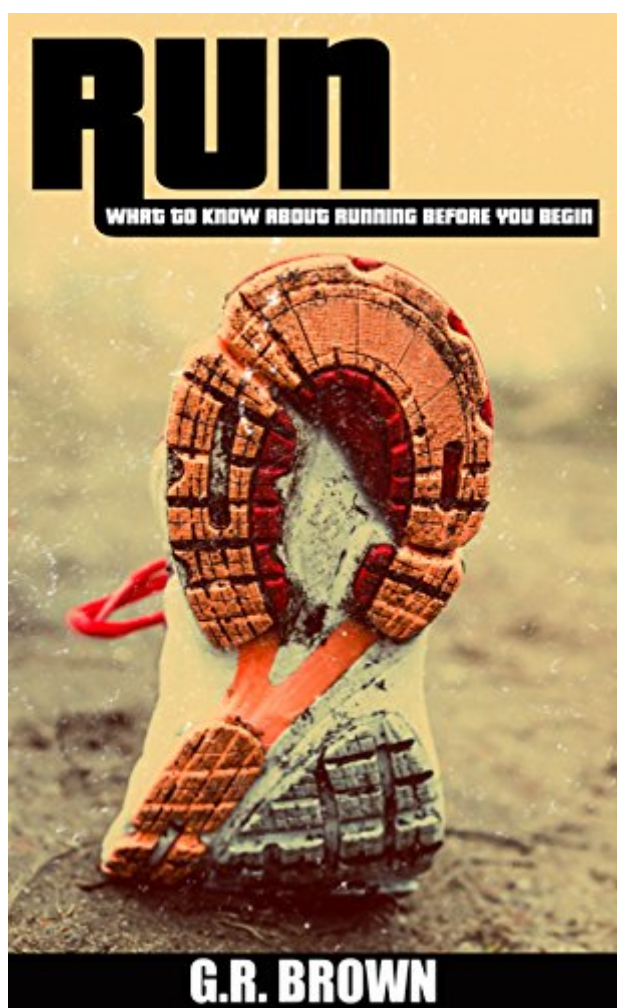


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# **RUN: What To Know About Running Before You Begin (A Complete Beginners Guide: Learn How To Start Running And Jogging)**



## 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.

Too simple to be of any use. Gave obvious ideas instead of actually providing good helpful tips. Don't waste your money.

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