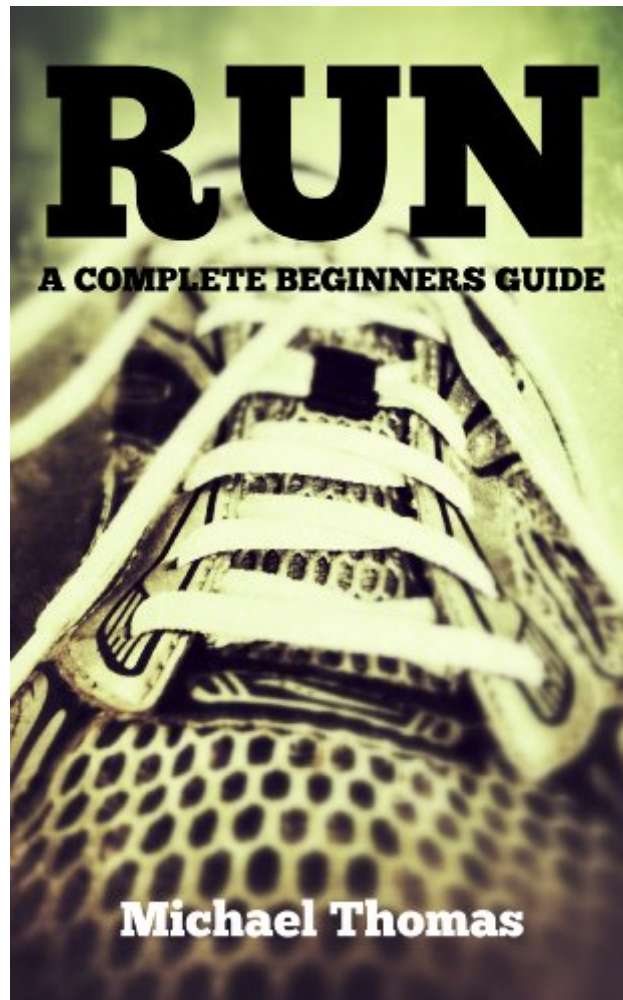




**Ebook Directory**  
the best source of ebook

The book was found

# Run: A Complete Beginners Guide (Learn How To Start Running)



## Synopsis

Learn How To Start Running NOW! Have you ever seen someone running down the street, and thought, "If only I could do that, I could be healthier and skinnier?" This book shows you how to become that runner no matter your existing ability. Anyone can become a runner with proper training and motivation, and I'm going to show you how. Learn the first steps to becoming a runner. Taking your first steps as a runner can be challenging and frustrating without a solid plan. Too many books push you too hard and too fast which can lead to failure. In this book, I show you proven techniques that changed me from being a complete non-runner into a slim, fit, efficient runner in 16 weeks. Training plans to take you to your first race! In this book, you will get a 6 week "Pre-Running" Plan that gets you off the couch and into basic running shape. This plan is adaptable to anyone no matter your age, physical fitness, or ability level. Once you complete this "Pre-Running" plan, you will start on a 10 week training plan to get you into shape for your first 5K race! The best running "gear" to be a more effective runner. Running itself is not enough. There are proven ways to make your running easier, more enjoyable, and YES, even FUN! Learn what type of gear you need to succeed in running. Everything from shoes to technology is right here. Motivation and techniques to keep running

## Book Information

File Size: 3211 KB

Print Length: 40 pages

Page Numbers Source ISBN: 1481020641

Simultaneous Device Usage: Unlimited

Publication Date: September 14, 2012

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B009ESEP9G

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #66,655 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #7

inÃ Â Kindle Store > Kindle Short Reads > One hour (33-43 pages) > Sports & Outdoors #7

inÃ Â Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Track & Field

#23 inÃ Â Books > Sports & Outdoors > Other Team Sports > Track & Field

## Customer Reviews

I am getting back into running after a near 30 year hiatus. I wanted to look for a book that was simple but covered the basics and brought my understanding of the sport into modern terms. I think this book was a great starter for me. It didn't waste my time with too much extraneous information. The author's approach is very straight forward and practical. He stresses action first and planning. It wasn't complicated to understand. If you want a book on nutrition, this isn't for you. If you want to immerse yourself in detailed techniques and such, this isn't for you. If you want to get out and run and then tackle a goal like a 5k, this is the one. I also read his next book. Similar approach but there are some sections that are exact duplicates. Not a real problem, I skimmed those parts.

I have always been a slim person and enjoyed outdoor activities. In 2003 I was diagnosed with stage 4 breast cancer. I lost my breast and gained alot of weight due to the medications and limited activity I could do while I was having treatment. Over the few years I had packed on over 50 extra pounds and lost my spirit for exercise. Now that I am over 50 I realize that I need my health. I have always wanted to run a 5K and then a 10K. This book has given me the encouragement that I needed to take charge. I will run in the Air Force marathon in 2013. THANK YOU FOR WRITING THIS BOOK. I RECOMMEND IT 1000% to anyone who really wants to change their life.

Ok, I admit it. I am a sedentary long-time writer with more than a few extra pounds and heap of bad habits. So the thought of running (for fun???) never crossed my mind. However after reading about the author's own less than stellar background I felt running was something I might actually think about and do. I especially liked the start up chart as starting at 10 minutes feels doable. If, like me, you aren't a long time fitness nut, try this book. It's inspiring and makes running feel like it's not just for the young and the skinny!

I have always been one of those people that believed some people are just born runners...this book totally changed my perspective. I now believe even I can run a 5k. I have tried running before, and am asthmatic, and I have always given up right away because it was just too hard. He has some really good running plans for people that believe they can't run, but have always wanted to. If you're

already an experienced runner, or even a runner in general this book is probably not for you. It's for those that feel defeated and like they will never be able to easily jog down the street without throwing up. I really do hope that more people that never thought they would be able to run look into this book.

I started running about a month or so ago and picked this up for some advice. At 38 pages, it provides a good deal of encouragement, a schedule for running (which I had already figured out), and other information that's readily available on web pages. It's main theme is building up to a 5K, which I'm already able to do. I still consider myself a beginning runner and this book would be better titled "What to know about running before you begin."

I love that this book doesn't emphasize perfection, but just starting and trying a little at a time. This will definitely help me not to feel defeated when I mess up or struggle with running.

I bought this book because I can't run at all and the first part of this book is a 6-week pre running plan, so far I have only read up to that part and I am 2 weeks into the pre running plan and I am doing extremely well. His advice is great right down to the running music he suggests. I am feeling positive about what I am currently achieving and looking forward to finishing the pre running plan. Then I will finish the book and work my way up to a 5k run. This is well written, easy to understand and for an absolute beginner the tasks are manageable, which helps to build your confidence in what you are doing.

As somebody who has started, and failed, trying to run many times I have bought countless books on running. I'm happy to say that I found the only book that I need to start running and keep my motivation. Most other running books start off with a difficult 5K training plan and I lose motivation when I can't keep up. This book, however, starts with a "Pre-Running" plan for those of us who can't already run a mile the first week! The author also gives his brief story of only being able to run a few hundred feet when he started, but shows exactly how he worked up to a 5K and way beyond that! I also loved the part of the book where the author gives motivational tips that are definitely helping me to get out and run when I'm feeling lazy. This book is relatively short and to the point. No fluff, just packed with good info for the beginning runner. I can't wait to run my first race, and I am already on track to do that in just a month or so!

[Download to continue reading...](#)

RUN: What To Know About Running Before You Begin (A Complete Beginners Guide: Learn How To Start Running And Jogging) Run: A Complete Beginners Guide (Learn How To Start Running) Start and Run Your Own Record Label, Third Edition: Winning Marketing Strategies for Today's Music Industry (Start & Run Your Own Record Label) My Running Journal: Bubble Man Running, 6 x 9, 52 Week Running Log Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program Super Mario Run:Diary of Super Mario: Super Run for coins! (Unofficial Super Mario Run Book) Learn French: 3-Books-in-1: A Fast and Easy Guide for Beginners to Learn Conversational French, Short Stories for Beginners, Learn Languages Bonus Book Running for Women: Ditch the Excuses and Start Loving Your Run Running with Curves: Why You're Not Too Fat to Run, and the Skinny on How to Start Today The Ultimate Beginners Running Guide: The Key To Running Inspired Etsy: The Ultimate Guide Made Simple for Entrepreneurs to Start Their Handmade Business and Grow To an Etsy Empire (Etsy, Etsy For Beginners, Etsy Business For Beginners, Etsy Beginners Guide) eBay: Complete Step-By-Step Beginners Guide to Start a Profitable and Sustainable eBay Business (Start from Scratch and Eventually Build a Six-Figure Business Empire) Polish: Learn Polish in a Week! Start Speaking Basic Polish in Less Than 24 Hours: The Ultimate Crash Course for Polish Language Beginners (Learn Polish, Polish, Polish Learning) Croatian: Learn Croatian in a Week! Start Speaking Basic Croatian in Less Than 24 Hours: The Ultimate Crash Course for Croatian Language Beginners. (Croatian, Learn Croatian,Croatian language) Ukrainian: Learn Ukrainian in a Week! Start Speaking Basic Ukrainian in Less Than 24 Hours: The Ultimate Crash Course for Ukrainian language Beginners (Ukrainian, Learn Ukrainian, Ukrainian Language) CHAKRAS: Chakras for Beginners - Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing (Chakras, Chakras For Beginners, Awaken Chakras, Third Eye) Run: Beyond The 5K - The Complete Training Guide To Running the 10K, Half Marathon, and Marathon Race Runner's World Complete Book of Running: Everything You Need to Run for Weight Loss, Fitness, and Competition Runner's World Complete Book of Women's Running: The Best Advice to Get Started, Stay Motivated, Lose Weight, Run Injury-Free, Be Safe, and Train for Any Distance Python: Programming: Your Step By Step Guide To Easily Learn Python in 7 Days (Python for Beginners, Python Programming for Beginners, Learn Python, Python Language)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

