

# How to Run: Improve Your Speed, Stamina & Enjoyment

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### Reviews

Very beneficial to all class of individuals. This can be for those who statte there was not a worthy of looking at. Your way of life period is going to be change as soon as you total reading this article publication. *(Ebony Schowalter MD)* 

# HOW TO RUN: IMPROVE YOUR SPEED, STAMINA & ENJOYMENT



Carlton. 1 Paperback(s), 2010. soft. Book Condition: New. Whether you want to run for fitness or if you aspire to competing in a marathon, there's more to running than just putting one foot in front of the other. In this bookwhich features more than 50 color photosformer London Marathon winner Hugh Jones shows you how to experience the true joy of running and provides detailed advice on assessing your initial fitness, warming up, proper attire, nutrition, and overcoming common problems along the way, as well as suggested music playlists to boost your energy. For those seeking the ultimate test, Jones includes a 16-week program to prepare you for the big 26.2-mile event. 127.

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