Run: Beyond The 5K - The Complete Training Guide To Running the 10K, Half Marathon, and Marathon Race

Michael Thomas

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Are You Ready To Run Your First 10K, Half-Marathon, or Marathon Race?!

You've run your first 5K race. You've had thoughts of running another 5K, but faster. You've probably thought about training for a 10K race in your hometown to see if you could run the full 6.2 miles.

The thought may have even crossed your mind about someday running a *Half-Marathon* as a stretch goal. 13.1 miles is a long way to run, but you're pretty sure if you work hard enough, it can be accomplished.

It's even possible that you have come to love running so much that you've thought about going all the way: running a full Marathon...26.2 miles!

No matter which of these statements is true, one thing is for certain: You are a runner, and you are ready to take the next steps: ***Beyond The 5K!***

Everything you need to start distance running is included in this book!

Topics Covered Include:

- Proper Nutrition
- Stretching Warm-Ups and Cool Down
- Common Running Injuries
- Fartleks (Speed Running)
- Core Strength
- Cross Training
- Target Heart Rate Training
- Full training plans for 10K, Half, and Marathon Races!!

Personal Note From The Author:
This book blends years of personal experience gained from my successes and failures. I show you my unique approach to running that took me from a complete couch potato to running multiple marathons. I understand the challenges and frustrations of transitioning from being a beginning runner because I went through it personally. I lost over 60 pounds, and I am in the best shape of my life due to the techniques used in this book.

This is why I've put together this step-by-step guide to learning distance running. I'm confident that the techniques I used to turn myself from an out of shape non-runner into a healthy, fit, and efficient runner will work for you as well!

In an effort to provide my readers exceptional value, I also promise a response to all reader emails. All running related questions will be answered with a quick personal reply!

I thoroughly hope you enjoy this book.

Happy Running!

~Michael

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From reader reviews:

Matthew Ramey:

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