



**Running: The ultimate guide to start running with  
easy to follow training plans for beginners  
(running for beginners, running books, marathon  
training, ... training, 3k training, 5 and 10k  
training)**

*Mark Wilson*

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## Are you ready to start running

**Start to run today!** This book is for people who want to run anything between a 5k race and a marathon, but don't know how to go about it. This book offers advice on how to run, choose the correct shoes, avoid injuries, and train for a specific race. It also provides simple and effective tips on how to make running your lifelong exercise habit. It is written specifically for beginners who are new to running. But long-time runners can also benefit from this book, especially if they haven't received professional coaching.

Learn how to start running, and reap the tremendous health benefits now. Let this book be your one-stop how-to guide as you complete your first races.

tags: (running for beginners, running books, marathon training, run, 5k training, 3k training, 5 and 10k training)

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