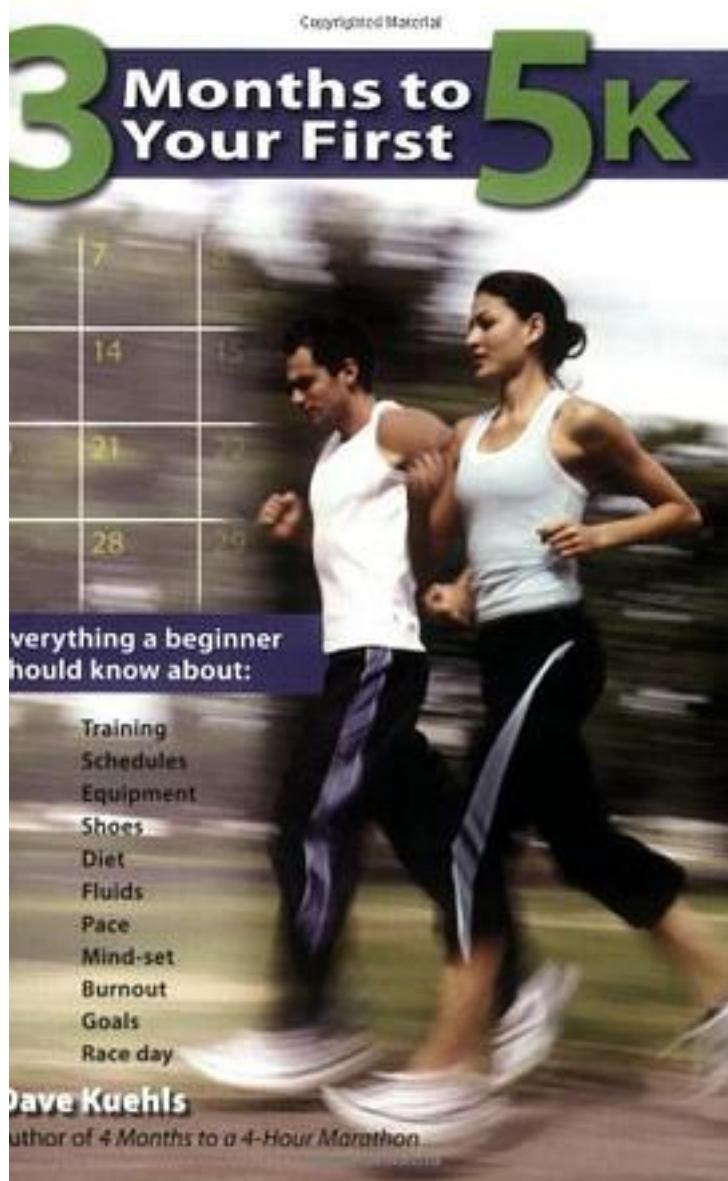


3 Months to Your First 5K



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著者:Keuhls, Dave

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Expert Dave Kuehls offers the inspiration to get even the most devoted couch potatoes on their feet and completing 5K run in three months. Serving as personal coach and trainer, 3 MONTHS TO YOUR FIRST 5K includes: The physical and psychological benefits of running, Motivation to get started and keep going, Training tips including equipment, clothing, nutrition, warm-ups, schedule and lifestyle, Time goals, Race day tips and strategies, After the finish line-what's next?, The challenge of the marathon. Once readers have accomplished that 5K run, they can, also, learn how to keep the momentum going and improve their time and stamina for longer races.

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