



8 Weeks to a 5k Guidebook: Getting to the Starting Line Healthy Confidently (Paperback)

By Christie M Tebbets

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This comprehensive guidebook takes the beginner runner through every stage of training for a 5k. Beginning with the planning and preparation, this guide takes the reader through things such as sneaker shopping, discusses mindset and figuring out why you want to run a 5k, mapping your training routes, treadmill effort based running, registering for a race, dealing with common things like chafing and of course training! In addition to a complete 8 week training program that ends with a taper week, preparing you for a 5k, this book also gives you a fully detailed, solid strength routine that will help you avoid the risk of common injuries. With this guidebook you will see for yourself that running a 5k no longer has to be a distant goal. Now is your time. You can train smart, build endurance gradually and get to your first 5k feeling healthy, strong and with the self-confidence to reach your goal.

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