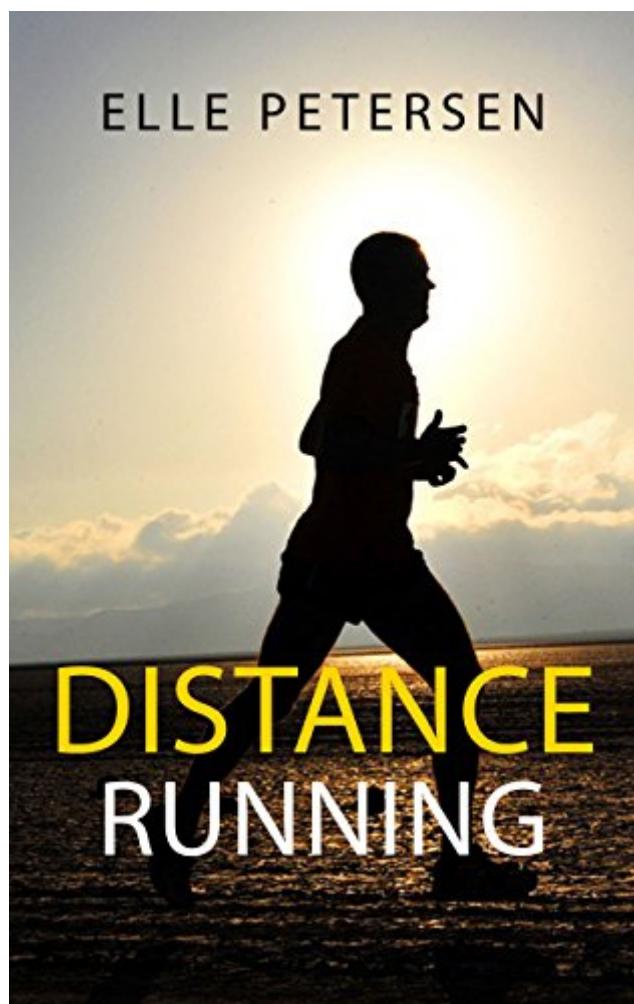


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# Running: Distance Running: Improve Your Long Distance Running Step By Step



## Synopsis

Distance Running - Improve Your Long Distance Running Step By Step Today only, get Distance Running for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Discover how to become a great distance runner by reading Elle Petersen's new book on long distance running. This guide is written with the aim of inspiring and motivating people on how to start, or how to advance, their distance running. Running - and distance running in particular - doesn't have to be a difficult exercise, but it is important that you take it step by step and start out slow. When you have made running a routine habit, there is really no limit on how long distances you will conquer. Elle will take you through the important steps necessary in becoming a great runner. Here is a preview of what you will be reading about: How to adjust your running to your individual preconditions How to run long distance - step by step Posture and breathing techniques The importance of stretching Improving your running speed A runner's nutrition Useful running tools The best places for distance running The health benefits of running and much, much more! Download your copy today and get a BONUS GIFT! - a 50-page E-book for FREE on how to improve your health further! Tags: running, distance running, long distance running, running books, running books free, running books kindle, how to run

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## **Customer Reviews**

This is a great guide for all runners, as well as for all beginners. I love running or jogging as a form of exercise, but I find it very difficult. Good thing I found this book because it made me more inspired and motivated to finally start and improve my running. It's a complete package book from step by step guide on how to run long distance to know the health benefits of running.

Running a long distance was my main sport goal. I learned many techniques but can't run more than couple miles. Very glad to find such useful book as Distance running by Elle. There are many helpful tricks and advices how to improve long-distance running. With the help of this issue I begin to do more and more miles in each training. Thank you! Worth reading!

No matter if you are a seasoned runner or new to the sports, this book offers great tips and advice. I particularly liked the chapter - The Dos and Dontâ™s in distance running. This guide is written in a clear and concise way, overall itâ™s a good pocket guide for everyone interested in distance running

Being a regular jogger, I found this book to be very helpful. The author gives lots of motivation and tips to improve to improve long distance running. Breathing technique , stretching etc are very important. very well written. Recommended.

Running boosts our immune system and reduces the risk of diabetes and blood clots. There are a lot of benefits to get from running. It is very important to take the first steps before running. This is to avoid any injuries. Glad that this book has clearly stated the step-by-step guide for first time runners like me. Running is going to be a new routine for me and this book is a huge help on this journey. I can't wait to start living healthy and fit.

I really enjoyed reading this book,great running tips and motivation. This book has rekindled my drive to start running again. Being a health nut, I know that running is always a great way to stay in shape and help you feel good about yourself no matter what age you may be. And this was definitely a good book to help get me started running again.

To be honest I am a fitness fanatic, I do a lot of running and working out at the gym. I think the book is really good because discussed about how to improve your running. A lot of people are complaining that something hurts in their body while running, this is because they are doing it all wrong. This book will help you be enlightened.

I've just taken up running and wanted to improve my technique, this book holds some useful information into different things that can help such as stretching and the importance of a good diet. It's a useful read and holds some good advice to have and one I would recommend getting.

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