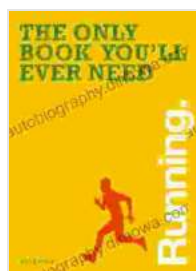


The Only Running Guide You'll Ever Need

Everything You Need to Know to Get Started, Stay Motivated, and Achieve Your Running Goals



The Only Book You'll Ever Need - Running by Art Liberman

★★★★☆ 4.5 out of 5

Language : English
File size : 1521 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 352 pages
Screen Reader : Supported
Paperback : 515 pages
Item Weight : 3.2 pounds
Dimensions : 8.5 x 1.21 x 11 inches



If you're new to running, or if you're looking to take your running to the next level, *The Only You'll Ever Need Running* is the perfect guide for you. This comprehensive book covers everything you need to know to get started, stay motivated, and achieve your running goals.

The Only You'll Ever Need Running is written by two of the world's leading running coaches, Jeff Galloway and Bart Yasso. Galloway is the founder of the Galloway Running Method, which has helped millions of people to start and enjoy running. Yasso is a former world record holder in the marathon and the author of several best-selling running books.

In *The Only You'll Ever Need Running*, Galloway and Yasso share their expert advice on all aspects of running, including:

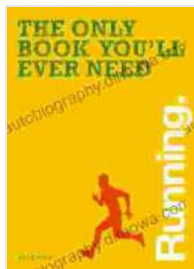
- Getting started with running
- Creating a training plan
- Staying motivated
- Improving your running form
- Preventing and treating running injuries
- Running for weight loss
- Running for competition

The Only You'll Ever Need Running is packed with practical advice and tips that will help you to become a better runner. Whether you're just starting

out or you're an experienced runner, this book has something for you.

Free Download your copy of The Only You'll Ever Need Running today and start running your best!

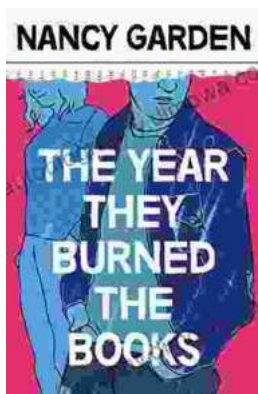
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