



**Running For Beginners: The Absolute Beginners
Running Program for Weight Loss (Cardio and
Strength Training)(beginners guide to running,
running tips, ... Beginners, Beginner running,
Weight loss)**

Randy Ward

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This is a book that introduces some of the fundamental considerations and approaches when a person decides to make running a part of their life.

It was written with 3 types of people in mind:

- Those who want to start running to lose weight
- Those who want to start running to become 'a runner'
- Those who haven't been running for a long time, but want to return to it

We will explore common injuries associated with running, and ways to prevent them or treat them if they arise. We will lay out some general principles and specific practices for both warming up and warming down during your running program. And we offer introductory programs that will enable you to incorporate one, or both, of the two most effective ways of using running to achieve your fitness and weight loss goals.

These approaches are:

- Distance running
- Sprint interval training

Follow the simple step-by-step rundown in this book to make the daunting task of running for exercise into a manageable one that you can incorporate comfortably into your daily routine. You will learn how to be safe throughout the process of taking on a program of physical exercise, how to gradually build your strength and endurance, and how to capitalize on your progress to really fulfill your hidden athletic potential!

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

Download your copy of *"The Absolute Beginners Running Program for Weight Loss (Cardio and Strength*

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