

The Little Red Book of Running: A Comprehensive Guide to the World's Most Popular Sport



The Little Red Book of Running (Little Red Books)

by Scott Douglas

★★★★☆ 4.7 out of 5

Language	: English
File size	: 20869 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 225 pages
Lending	: Enabled



Running is one of the most popular sports in the world. It's a great way to get fit, lose weight, and relieve stress. But if you're new to running, it can be difficult to know where to start.

That's where The Little Red Book of Running comes in. This comprehensive guide covers everything you need to know about running, from choosing the right shoes to training for a marathon.

What's in The Little Red Book of Running?

The Little Red Book of Running is divided into three parts:

1. **Part 1: Getting Started**
2. **Part 2: Training for a Race**
3. **Part 3: Racing**

Part 1 covers the basics of running, including how to choose the right shoes, how to warm up and cool down, and how to avoid injuries.

Part 2 provides detailed training plans for races of all distances, from 5Ks to marathons.

Part 3 covers everything you need to know about racing, from choosing the right race to preparing for race day.

Who is The Little Red Book of Running for?

The Little Red Book of Running is for anyone who wants to start running or improve their running performance.

Whether you're a complete beginner or a seasoned marathoner, you'll find something valuable in this book.

Benefits of Reading The Little Red Book of Running

Reading The Little Red Book of Running will help you:

- Learn the basics of running
- Choose the right shoes and gear
- Train for a race of any distance
- Avoid injuries

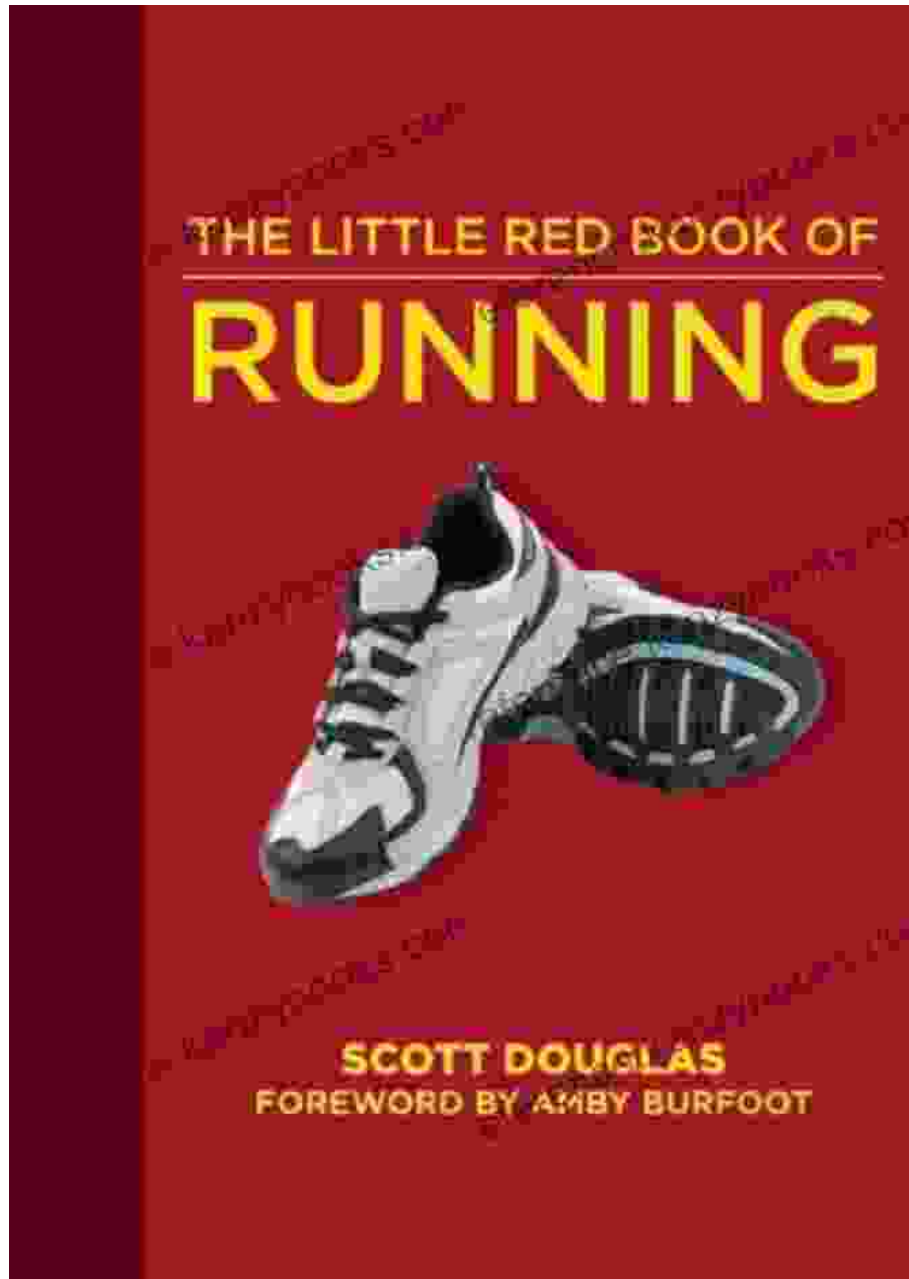
- Improve your running performance

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The Little Red Book of Running is available now in paperback and ebook formats.

Free Download your copy today and start your running journey!

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