



Running for Mortals: A Commonsense Plan for Changing Your Life With Running

John Bingham, Jenny Hadfield

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The authors of *Marathoning for Mortals* - John "The Penguin" Bingham and Coach Jenny Hadfield, MA, CPT - now show beginning runners how to fit running into their lifestyle easily

You don't have to run fast or competitively to reap the rewards that running has to offer. What you do need is the courage to start. That is the "Penguin mantra" that has enabled John Bingham through his best-selling book *No Need for Speed*, his popular monthly column for *Runner's World* magazine, and his many appearances at major running events throughout the year to inspire thousands of men and women to take up the sport for fitness and the sheer enjoyment that running brings them.

By teaming up with coach Jenny Hadfield, his wife and coauthor on *Marathoning for Mortals*, Bingham lays out strategies that will help readers to safely and effortlessly integrate runs into their busy schedules. In this book, backed by *Runner's World*, the authority of America's leading running magazine, the authors provide tips for getting started, sticking to a routine, eating for energy, hydration, and training for speed and endurance.

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The reason why? Because this Running for Mortals: A Commonsense Plan for Changing Your Life With Running is an unordinary book that the inside of the e-book waiting for you to snap it but latter it will distress you with the secret the idea inside. Reading this book beside it was fantastic author who all write the book in such remarkable way makes the content within easier to understand, entertaining approach but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This amazing book will give you a lot of rewards than the other book get such as help improving your expertise and your critical thinking technique. So , still want to postpone having that book? If I were you I will go to the reserve store hurriedly.

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