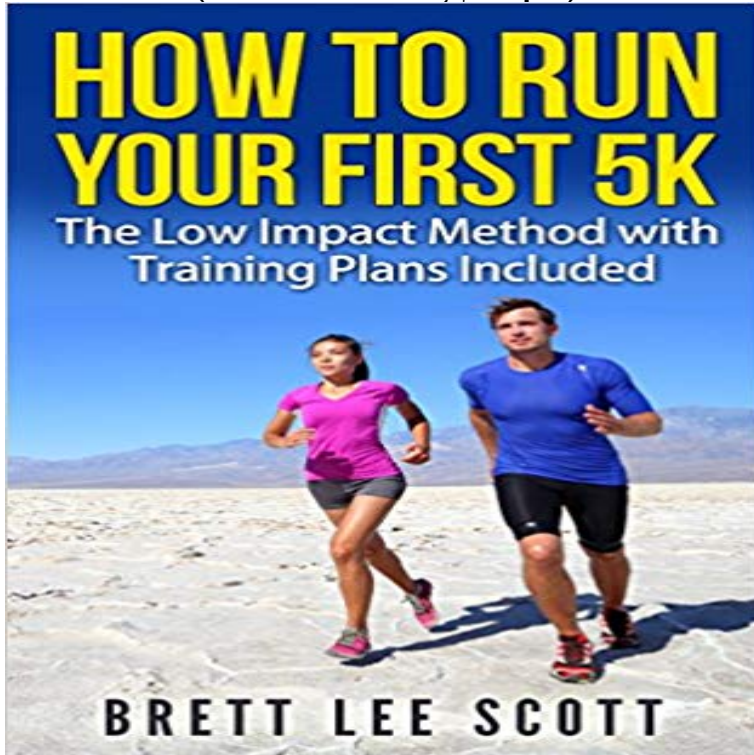


## How to Run Your First 5K: The Low Impact Method with Training Plans Included (Iron Training Tips)



How to Lose Weight, Improve Your Fitness and Boost Your Energy Levels by Running Do you want to get fit, lose weight or start a healthy hobby like running? Perhaps you've tried running before and it didn't work out. Perhaps you're struggling to get motivated. Perhaps you're worried about injury or your health. Well here's the good news... You have everything you need inside of you to become a good runner. Human beings were designed to run. All you need is to learn how to use that natural potential and run efficiently. Using the Low Impact Method outlined in this book you can confidently build up to running 5K. Run Smart! Too many amateurs try to clock as many miles as possible. They start full of enthusiasm and run out within weeks. I see this happen all the time because runners try to do too much, too soon. In the 3 Training Plans & 6 Workouts shared in this book, I'll teach you how to Run Smart not Run Hard! You could be recovering from pregnancy, injury; you could be overweight; it could be 20 years since your last run at high school. It doesn't matter! You don't need to run every day. You can run as little or once or twice a week and get massive results within 2 months. By choosing the right plans in this book, you can get started and stay motivated. Done right, Running is the Best Exercise Running is as popular today as it ever was. I see people of all shapes and sizes, all ages, taking up running because, done right, it's the best exercise there is. \* No equipment required \* Lose weight by burning fat \* Boost your energy levels when you're not running \* Boost your immune system \* Improve your cardiopulmonary system \* Increase muscle strength and tone \* Boost your motivation, discipline and mental strength \* Improve your self-confidence and inspire others \* It's so much better than sitting at home and watching TV! What's Inside How to Run Your First 5K? \* How to get started

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