



## The 10 Run-Till-You-Drop Commandments: A Guide to Ramp Up Your Running Speed,

*Megan White*

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## **The Ten Run-Till-You-Drop Commandments: A Guide to Ramp Up Your Running Speed, Your Running Energy, and Your Running Distance.**

Do you lack confidence and assertiveness in the running world? Do you want to make running a part of your everyday weight loss and weight management plans? Are you struggling to take your running program to the next level, in a sea of doubt, muscle cramps, and foot pain? Do you want to increase your speed—the safe way? Do you want to find a proper 5K or marathon training book, for your current running level and your future running level, the one you'll be at in nine to eighteen months? Do you want to learn to make appropriate running goals to strengthen your agility and increase your progress at a safe but rapid rate? This book is perfect for you. It sends you the 10 most essential commandments, brought to you by some of the classic men and women of both running and philosophy. Alongside these commandments, which are outlined to give you hope and strength during your running progression, are series of in-depth, helpful running tips.

## **The 10 Run-Till-You-Drop Commandments Will Help You Take Your Speed and Your Distance to the Next Level.**

In this book, you'll discover:

- \*The many supreme benefits of making running your five-day-a-week habit. What happens to your body, your mind, and your outlook when you make serious efforts in running? The results are shocking.
- How to force yourself out the door, even if you're a beginner without a platform of running lifting you up.
- How to run properly to avoid injury.
- The Running Diet: how to eat both before and after the work out to build muscle and avoid cramps.
- Running weight loss: the important link between running and weight loss, and how to maximize this relationship.
- How to run in any kind of weather: from steaming, scorching summers to frigid winters.
- Speed training: how to boost your running speed—the safe way.
- How to increase your running distance—the safe way.
- How to run and meditate.
- How to increase your running abilities with the marathon training and running training plans.
- The Final Running Race: how to make your ultimate goal “race day,” what to do during the weeks preceding race day, how to eat on race day, and how to maximize those hours on the pavement.
- And so much more!

## **Don't Forget to Claim Your Free Gift: 3 Best Paleo-Inspired Post-Work Out Recipes to Boost Muscle and Help You Recover.**



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