



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

*John Bingham, Jenny Hadfield*

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The authors of *Marathonning 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 *Marathonning 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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