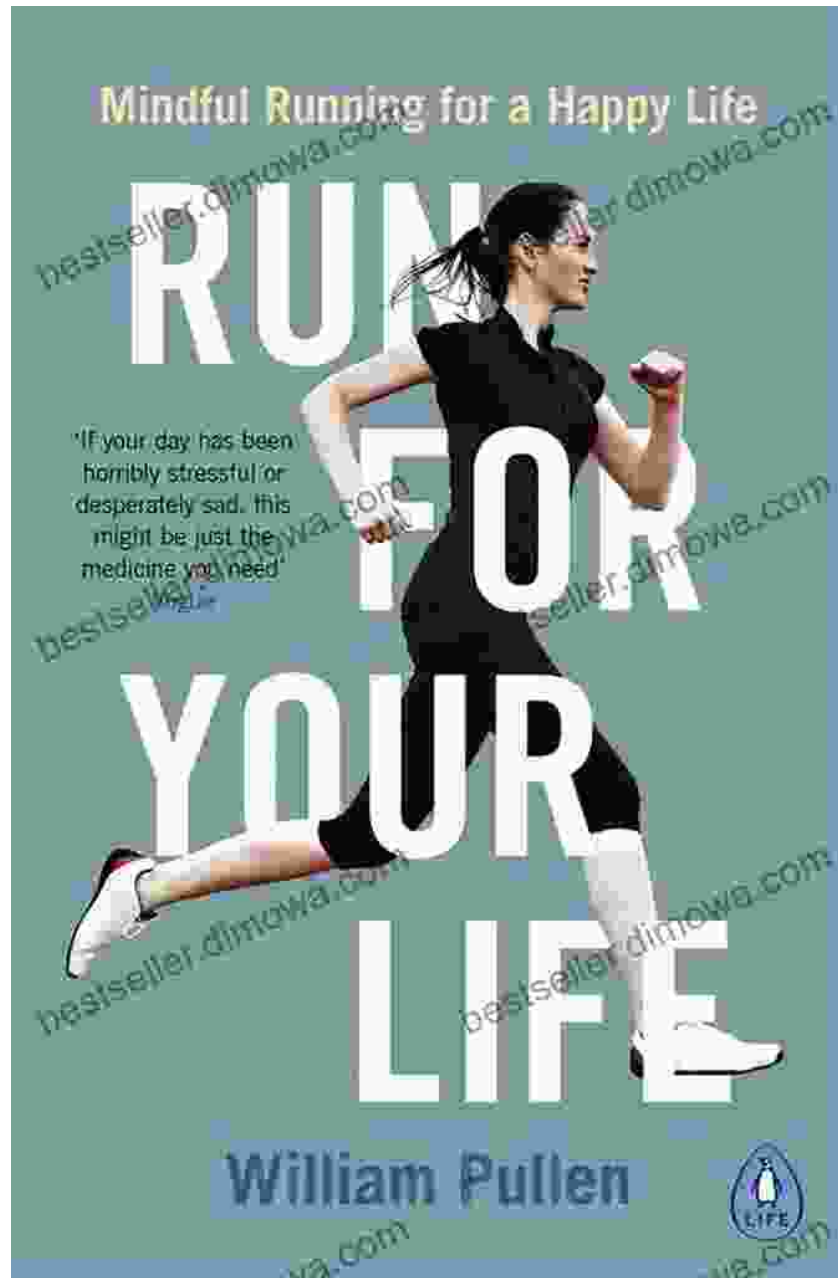


Run for Your Life: The Ultimate Guide to Running for Beginners and Beyond



Run for Your Life! by Ben Tan

★★★★★ 4.7 out of 5

Language : English

File size : 16156 KB

Text-to-Speech : Enabled



Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 144 pages
Screen Reader : Supported



About the Book

Run for Your Life is the ultimate guide to running for beginners and beyond. Written by renowned running coach Ben Tan, this comprehensive guide covers everything you need to know to get started running, train for a marathon, and improve your overall fitness.

Whether you're a complete beginner or looking to take your running to the next level, **Run for Your Life** has everything you need to know. This book will help you:

- Get started running safely and effectively
- Develop a training plan that fits your fitness level and goals
- Learn the proper running form to avoid injuries
- Fuel your body for optimal performance
- Stay motivated and overcome challenges

With its easy-to-follow instructions, expert advice, and motivating stories, **Run for Your Life** will help you achieve your running goals and live a healthier, more fulfilling life.

About the Author

Ben Tan is a renowned running coach and author. He has helped thousands of people of all ages and fitness levels achieve their running goals. Ben is a certified running coach and has completed over 100 marathons and ultramarathons.

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Run for Your Life is available now at all major bookstores. Free Download your copy today and start running for your life!

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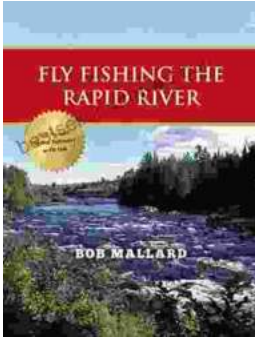
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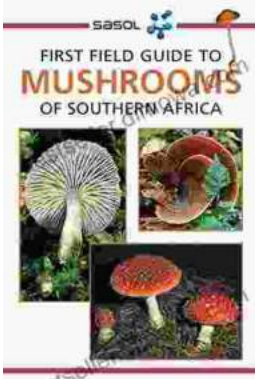
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