



Run: A Complete Beginners Guide (Learn How To Start Running)

Michael Thomas

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Learn How To Start Running NOW!

Have you ever seen someone running down the street, and thought, “If only I could do that, I could be healthier and skinnier?” This book shows you how to become that runner no matter your existing ability. Anyone can become a runner with proper training and motivation, and I’m going to show you how.

Learn the first steps to becoming a runner

Taking your first steps as a runner can be challenging and frustrating without a solid plan. Too many books push you too hard and too fast which can lead to failure. In this book, I show you proven techniques that changed me from being a complete non-runner into a slim, fit, efficient runner in 16 weeks.

Training plans to take you to your first race!

In this book, you will get a 6 week "Pre-Running" Plan that gets you off the couch and into basic running shape. This plan is adaptable to anyone no matter your age, physical fitness, or ability level. Once you complete this "Pre-Running" plan, you will start on a 10 week training plan to get you into shape for your first 5K race!

The best running “gear” to be a more effective runner

Running itself is not enough. There are proven ways to make your running easier, more enjoyable, and YES, even FUN! Learn what type of gear you need to succeed in running. Everything from shoes to technology is right here.

Motivation and techniques to keep running<

Do you know the #1 reason people fail at running? Motivation. This is not an abstract idea like simply telling yourself "I think I can!" In this book you'll learn actionable motivation techniques to get you out the door and running every single time.

Everything you need to go from zero to 5K is included in this book.

Personal Note From The Author

This book blends years of personal experience gained from my successes and failures. I show you my unique approach to running that took me from a complete couch potato to running 5K races with ease. I understand the challenges and frustrations of transitioning from being a complete non-runner because I went through it personally. I lost over 60 pounds, and I am in the best shape of my life due to the techniques used in this book.

This is why I've put together this step-by-step guide to learning how to run. I'm confident that the techniques I used to turn myself from an out of shape non-runner into a healthy, fit, and efficient runner will work for you as well!

In an effort to provide my readers exceptional value, I also promise a response to all reader emails. All

running related questions will be answered with a quick personal reply!

I thoroughly hope you enjoy this book.

Happy running!

Michael

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Ruben Martin:

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Maria Freeman:

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