



Train

LIKE A
MOTHER

*How to Get Across
Any Finish Line—and
Not Lose Your Family,
Job, or Sanity*

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Sarah Bowen Shea
authors of Run Like a Mother

Sarah Bowen Shea

Train Like a Mother: How to Get Across Any Finish Line - and Not Lose Your Family, Job, or Sanity



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From the authors of the “ It really is all presented with the same wit, empathy, and tone the avid supporters connect and determine with. away success Operate Like a Mother, a reserve that followers are clamoring for on how best to train for a race, including practical guidance on all areas of race preparation offered the authors’com--who are clamoring for another book.Because the publication of their first book, Run Like a Mother, the authors have developed an engaged, vibrant tribe of women runners--more than 10,000 fans on Facebook and typically 2,500 daily visitors to anothermotherrunner. trademark wit and empathy. At its core, Train Like a Mother will comprehensively cover how exactly to train for a competition, including training plans for four race distances (5K, 10K, half-marathon, and marathon) for both beginner and more capable runners; the need for recovery; pre- and post-race nutrition; strength training; injury avoidance (and rehab);1 sections are entertaining "industrial breaks" celebrating the activity of running and the added thrill of racing.run”The book is split into 13. Like the first book, Teach Like a Mother chapters have a lot of sidebars, including Practical Motherly Advice (helpful information regarding training- and race-related advice), Take It from a Mother (assistance and answers from the developing tribe of running moms), and Racy Talk (entertaining, race-related tales from the authors and additional mothers).1 chapters--the distance of a half-marathon, the lovely spot for most mother runners--narrated by both Sarah and Dimity. The . and everything busy women need to know to put racing with their multitasking schedules.



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Essential for all levels of runners! I cannot say enough good stuff about this publication and how it has made me a better runner. Just started scanning this reserve and loving it! After owning a fifty percent marathon, I made a decision to utilize this book to focus on my 5k quickness. Despite owning a 5k in rough conditions (red flag at the start of the course due to heat and humidity), I Even now maintained a 5K PR and saw my running rate increase overall due to the speed function. After finishing the 5k plan, I thought, "Hmm. Funny, Informative, LOVE IT!. It felt like the wind was in my face for the whole race yet, I still were able to draw of a THIRTEEN minute PR." Remember, I bought this book soon after completing my 1st half. While I was happy with my amount of time in my first half, as my only goal was to complete it as strong as I could, I knew I possibly could do better. I will not lie. The book is not a disappointment. Thanks Train Like a Mother! Haven't read it however, but can't wait to start it! As I looked through the plan, I wondered what I was obtaining myself into especially since I'm a instructor and starting this course of action coincided with the beginning of the institution year. But I needed that PR and I understood that the plans in this book could help me get there, so I told myself to shut up and perform it.I'm at the moment getting back to operating (well, walk, jog, gasp for air, REPEAT) after not running for many many years. It isn't easy, of course, but is usually owning something ever easy? Besides getting funny and witty, these moms offer true to life advice and training tips.ENJOY THIS Reserve! No wind breaks. I wonder what I could perform with the half marathon BOUGHT IT plan? Just like my 5k PR, it was in under favorable weather and yet, the programs in this book are so strong that they make you stronger than poor weather circumstances. Buy this publication, whether you're just starting out or you want to improve your times--you won't regret it! I am so grateful, and ready to go again! I'm right now reading their first publication. I Did benefit from the personal tales from others. Some of their comments about how we perform it (and what moms go through) are so funny and so true.As I followed this course of action, I felt myself become a stronger, faster runner with each week that passed. I'm also an "older mother" and I really valued the insight and remarks they included from other mom/runners. Five Stars Great book - love the stories and well written! I am following bike to perform training strategy and loving every boring minute of it I have only browse the section on injured runners. It's also motivating. I discover that if I'm regularly reading about fitness (anything), it can help keep me on the right track (no pun designed, ok, maybe a small pun). Warmer than usual for November in the Midwest, but winds of 20-30mph with gusts up to 50mph predicted for the entire race--which was, of course, on country roads with widely open fields. Great go through for all levels I've read both Run SUCH AS A Mother (Very GOOD!) and now, Train JUST LIKE A Mother. As competition time drew near, the elements forecast was not favorable. It's like you are chatting with your very best girlfriend momma who happens to be a kickass runner!There are training schedules for both novice and up to marathons. With details as to when's the optimum time to start teaching for what, how exactly to train, what to expect what things to wear and all of the little details you really don't need to know but yes, you type of need to.We am using it to help me train for my first 5k, the support system of their facebook web page and their twitter existence additionally book is all this Mother must finish my first 5k!We highly rec BOTH books for the beg runner, for a runner who just really wants to reconnect with their whys, or for a runner attempting to amp it up and take the next phase but needs some inspiration!These books motivate!!!! Forever Grateful This book, and its authors' other two, Run Like a Mom, and Tales from another Mother Runner, are priceless for the busy, over-scheduled, possibly even slightly overwhelmed present day woman. Whether you have children or not (I do not), this reserve will let you know EXACTLY how to set your goals

and accomplish them, with built-in flexibility for the unexpected-- unwell kids, last second out-of-town guests, or whatever else might befall your workout routine! Additionally it is the gateway to a beautiful, supportive and involved community, and can quite simply be, the ticket to transformation. With this book I was able to run my first half-marathon, after 30 years of intermittent tries which had often previously finished with me falling much short of my goals, with some kind of injury. Not merely did I simply run my first half-marathon, it was pleasant, and uplifting, and I felt fantastic! Very ENTERTAINING while providing some very nice information and insight on trying to fit in exercise while being a mom Absolutely loved this book.. It has been a blast!. When I explained mom that I would start running, she LAUGHED at me. I have under no circumstances been a runner. In elementary college, I was constantly the LAST person to complete the mile run for the presidential fitness test. I have been an addict of the wonderful authors since reading the first chapter of Run Like a Mother. I read Run Like a Mom when I was 2 weeks post partum from my 2nd baby. I enrolled in a 1/2 marathon, because the book was THAT inspiring. It is in the same vein as the original, however the banter and jokes are new. I ordered it months ahead of its release and had it sent to my Kindle the next it came out.. I ran my 1/2 marathon in November, and waited anxiously for Teach Like a Mother. The topics are fresh and the training schedules are superb. I especially valued the chapter on schooling as a single mom (a lot of my friends have issues with running because of being the only care provider, and it is great information to spread). Thank you Sarah and Dimity! It creates running sound fun (which it truly is once you invest in it) and I highly recommend it. It's great to have concrete training plans from individuals who understand occupied schedules. I especially like that the training schedules tell you which days you COULD skip if you had to and which ones are a "should do". Useful training plans Useful training plans, but not much else right here. But even that section makes it worth buying this reserve! They are true "moms" who also work but still make the time to run. useful and entertaining I'll buy anything these girls write. The publication is well written, useful and interesting. I read passages often to maintain me motivated. Even if you are already an avid fit runner OR in case you are just starting out and want to perform simply for some exercise, this is an excellent read. VERY ENTERTAINING, which explains why I read to begin with. Not very detailed advice. Five Stars I purchased this for my Kindle. This book is informative, nonetheless it can be fun. I was very sad about not really running but you've opened my eyes to a whole " new world " and given me wish that I'll run again in the future. I am following a bike to run training plan and loving every boring minute of it! the Own It half marathon plan isn't easy. FUNNY FUNNY ladies therefore nice to know that people !.. I bought it in April, after I'd been working for a 12 months and completed my first fifty percent marathon. FUNNY FUNNY girls and so great to know that folks who are seasoned runners still struggle with getting up- getting out- and obtaining through a run. Five Stars A must have for mother runners!



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