THE 30-MINUTE RUNNER

SMART TRAINING FOR BUSY BEGINNERS

DUNCAN LARKIN

FOREWORD BY DR. MIKE MORENO

Duncan Larkin and

The 30-Minute Runner: Smart Training for Busy Beginners

The 30-Minute Runner takes a simplified method of training, that is to break down everything into one thirty-minute session each day, a manageable segment for first-time runners and those who could be in decent shape but lead incredibly busy lives. As well as the running-based suggestions, The 30-Minute Runner offers nutritional guidance and core exercises that complement the thirty-minute runs. Author Duncan Larkin, a qualified Army Master PHYSICAL FITNESS TRAINER, also covers topics like running for fresh moms, single-parent training, how to prepare to perform your first competition, race-day tips, how to teach while on business travel, and acquiring it to another level, operating forty-five and sixty minutes a time (10K and half-marathon schedules). The book focuses on how to increase those thirty vital minutes to be able to achieve two main goals: shedding extra few pounds and completing a 5K competition. Everything in the book, including training schedules, techniques, and tips, is help with purely with regards to moments spent running, without any goal paces to worry about, mileage to keep an eye on, or anything to measure apart from time spent out on the roads and trails.

Great work to the writer Duncan Larkin! Some good details for the veteran too.Superb book for the start runner Superb book for the start runner. Five Stars Most clear cut and motivating publication I've continue reading the topic thus far!

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