

Running: How To Start ?

A program to start and continue enjoying to run

April 2018



Synopsis:

No matter if you aim for a short run, a 5k or a marathon, this guide will teach you how to start running by means of practical exercises as well as by taking care of your body.

Content:

How-to define your objective: occasional run, 5k, marathon or trail
 How-to choose your equipment
 How-to prep your body (healthy eating, hydration)
 How-to get a proper lifestyle
 How-to warm-up, train and stretch
 How-to breath and deal with pain
 Dare to compete

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