



Long Distance Running for Beginners (From Couch to Conditioned: A Beginner's Guide to Getting Fit)

Michael Spilling, Sean Fishpool

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Inspiration is easily found through this unique training manual for long distance runners of all abilities, with special focus on the beginning runner. Readers get prepared for anything, from a typical 5K run to a full marathon. Each level of progression includes a fitness schedule and one or more race schedules (5K, 10K, half-marathon, marathon). This guide also includes assessment programs, diet and nutrition guides, strategies for avoiding and coping with injuries, and tips on proper clothing and equipment.

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