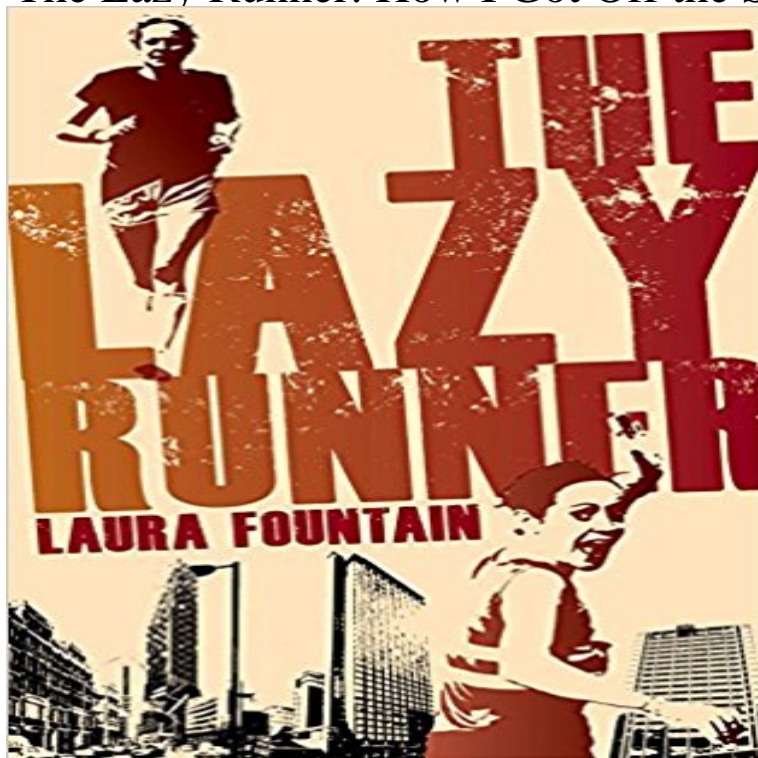


# The Lazy Runner: How I Got Off the Sofa and Ran a Sub-4 Marathon



The Lazy Runner follows Laura Fountain from starting out as a novice runner, unfit, clueless about running, and incredibly lazy to finishing her first marathon, and beyond. At first unable to run 400 meters without stopping, Laura has now completed five marathons, the most recent in under four hours. Along the way, Laura learns countless lessons about running, most of them the hard way. But most importantly, this self-confessed couch potato learns to love running. As well as offering inspiration and motivation to get out there and run, her book offers tips on how to make running easier and more enjoyable. Offering practical information on buying the right kit, choosing the best race, and what to do on race day, it also tackles the important running questions you might be embarrassed to ask like when will it get easier? And what happens if I need the toilet?

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