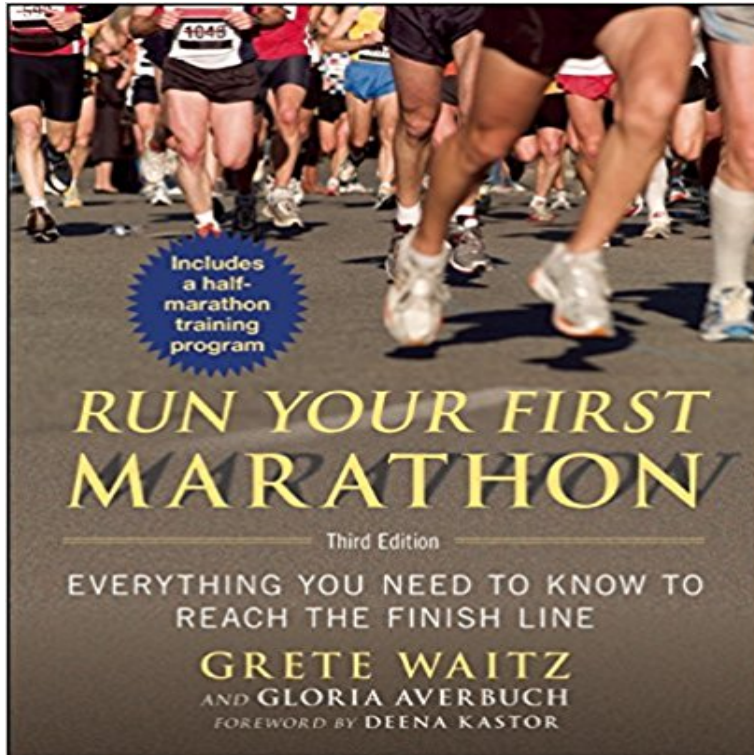


Run Your First Marathon: Everything You Need to Know to Reach the Finish Line



Do you consider yourself too old or out of shape to run a marathon? Do you fear that you lack the conditioning, motivation, or emotional strength to finish? If so, Grete Waitz, nine-time winner of the New York City Marathon, has a program for you that has proven to help would-be racers do what they thought was impossible: complete their first marathon. In this updated and revised third edition of Run Your First Marathon, Waitz offers: A sixteen-week training program that has been proven successful time and time again Methods for physically and mentally preparing to start and finish a marathon Helpful tips regarding equipment, nutrition, and hydration Guidance to help overcome motivational and physical roadblocks And much more! With advice on 10Ks and other shorter races, Run Your First Marathon will empower runners with the courage to train, the willpower to persevere, and the tenacity to reach the finish line. Complete with sixty color photographs and information on the most current, cutting-edge trends in long-distance running, this essential reference will make your marathoning dreams come true.

NEWAGEOFTRUTH There's been too many lies and not enough truth stay updated via rss MY NEW PLAYLIST Why are some looking forward to the end of days? Posted: July 26, 2016 in Cheating, Education, Evil, Politics, Religion, Social Issues Tags: Armageddon, bible, Christianity, Conspiracy theory, Prophecy, Y2K 0 end of days Some temptations are just too good to pass up. My curiosity got the best of me the other day and I gave in by watching one of those "End of the World" conspiracies videos. This time around the date is set for July 29, 2016. So in three days the biblical prophecies will come true and we will be swallowed up by hell fire while the others who are "saved" will rejoice in the heavens.

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