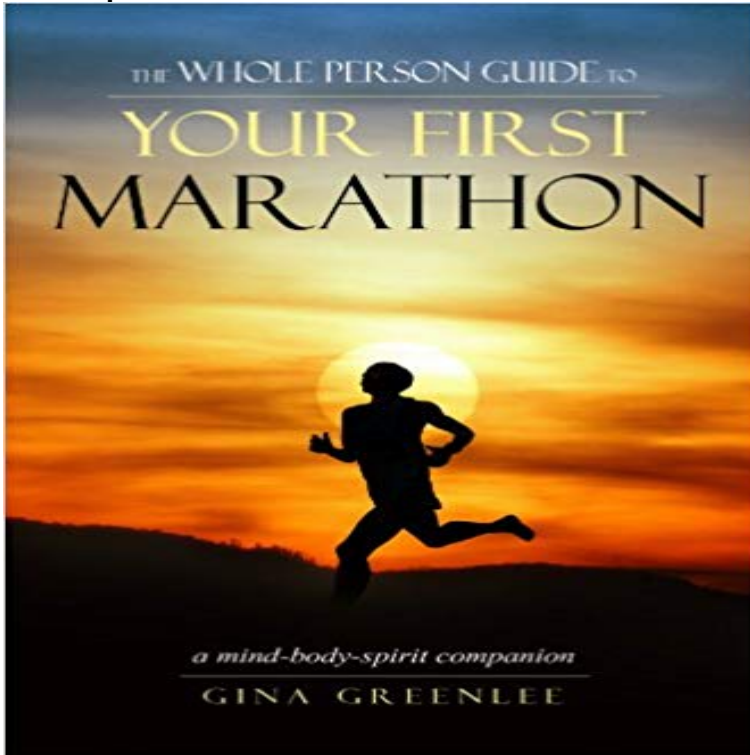


The Whole Person Guide to Your First Marathon: A Mind Body Spirit Companion



From three-time marathoner, exercise physiologist and author Gina Greenlee: Greg, a triathlete and race circuit fixture asked if I planned to run the Hartford Half Marathon. The furthest distance I had run was six miles. That's 13 miles, I told him. If you can run six, you can run 10, he said, noshing on an energy bar. Run 10 and you can run 13. That's how it works. You have three to four more miles in you than you think. Greg made it sound so possible. Even with academic training in Exercise Physiology, I once found the idea of running 26.2 consecutive miles daunting. Now with three marathons under my belt Long Island, New York and Marine Corps the goal of this book is do for you what Greg did for me: reframe 26.2 miles as accessible and inspire your marathon journey, one mile at a time. The impetus for running a marathon calls differently to each of us. So the structure of this book Mind, Body, Spirit honors how you organically move through your process. Also, I've included Marathon Countdown, Race Day and the last section, Gina's Training Journal, which animates ideas central to The Whole Person Guide to Your First Marathon: training while I worked a full-time job and vacationed overseas. As your training integrates Mind, Body and Spirit, enjoy the process. Your journey to the marathon finish will last a few hours. Your journey to the start will influence a lifetime.

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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