



Nell McAndrew's Guide to Running: Everything you Need to Know to Train, Race and More

Nell McAndrew, Lucy Waterlow

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Running continues to rise in popularity, but many of us don't know where to start. Through her bestselling exercise DVDs and incredible running achievements, including running a sub three hour marathon, Nell McAndrew has built a reputation as a fitness expert. This book shares Nell's love of running and will inspire you to take up the sport, as well as helping anyone already running to improve their performance. This is a visual, practical and insightful guide offering informative and fun coverage with tips, accurate up-to-date information and the experiences of 'real' runners you can identify with.

Find out how to get started with running and how to improve with specific sections on nutrition, marathon running and women's running (including exercising during and after pregnancy). Nell and co-author Lucy Waterlow, also an experienced runner, will equip you, whatever your age or ability, with the know-how to make running part of your life and help you learn to love training and competing as much as they do.

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Your reading sixth sense will not betray you, why because this Nell McAndrew's Guide to Running: Everything you Need to Know to Train, Race and More publication written by well-known writer who knows well how to make book which might be understand by anyone who have read the book. Written inside good manner for you, dripping every ideas and producing skill only for eliminate your current hunger then you still skepticism Nell McAndrew's Guide to Running: Everything you Need to Know to Train, Race and More as good book not simply by the cover but also by content. This is one book that can break don't judge book by its cover, so do you still needing a different sixth sense to pick that!? Oh come on your looking at sixth sense already alerted you so why you have to listening to another sixth sense.

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