

Run Faster Half Marathons, Run Faster Races

By [Author Name]

Are you ready to take your running to the next level? If so, then this book is for you.



Run Faster Half Marathons (Run Faster Races Series Book 2) by Greg McMillan

★★★★★ 5 out of 5

Language : English
File size : 21685 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 186 pages
Lending : Enabled



In *Run Faster Half Marathons, Run Faster Races*, [Author Name] provides a comprehensive training plan that will help you reach your running goals. This plan is based on the latest scientific research and has been proven to help runners of all levels improve their times.

In addition to the training plan, this book also includes:

- Nutrition advice to help you fuel your runs and recover properly
- Tips on how to improve your running form
- Mental strategies to help you stay motivated and focused

If you're serious about improving your running, then this book is a must-read. [Author Name] has packed it with everything you need to know to run faster half marathons and races.

What's Inside

This book is divided into three parts:

1. Part 1: The Training Plan

This section provides a detailed training plan that will help you prepare for your half marathon or race. The plan is divided into three phases: base building, race preparation, and taper.

2. Part 2: Nutrition

This section provides advice on how to fuel your runs and recover properly. You'll learn about the importance of carbohydrates, protein, and hydration.

3. Part 3: Running Form

This section provides tips on how to improve your running form. You'll learn about the importance of good posture, arm swing, and foot strike.

About the Author

[Author Name] is a certified running coach and has been running for over 20 years. He has completed dozens of half marathons and marathons, and he has helped hundreds of runners achieve their running goals.

Testimonials

"This book is a must-read for any runner who wants to improve their times."
- [Runner Name]

"[Author Name] provides a comprehensive training plan that is based on the latest scientific research." - [Runner Name]

"This book is packed with valuable information on nutrition, running form, and mental strategies." - [Runner Name]

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