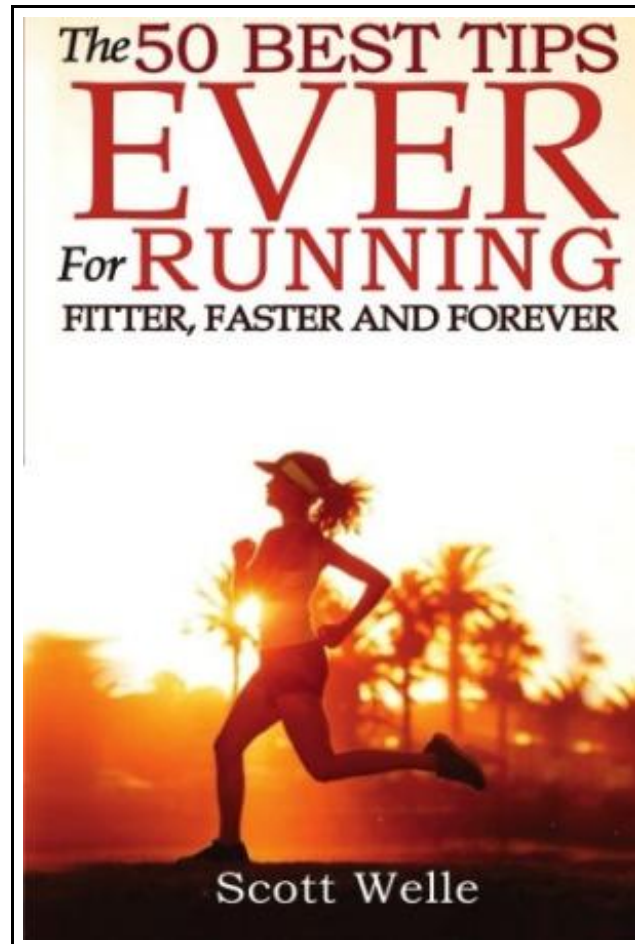


## The 50 Best Tips EVER for Running Fitter, Faster and Forever



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*(Dr. Freddie Greenholt Jr.)*

## THE 50 BEST TIPS EVER FOR RUNNING FITTER, FASTER AND FOREVER



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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 104 pages. Dimensions: 9.0in. x 6.0in. x 0.2in.1 International Best Selling Book on Amazon! I tried everything. Changing shoes, changing nutrition, changing my running form and changing my training plan. I even prayed to the running gods! It didnt matter. Every time Id bolt out the door for a run something new would hurt. I was a broken down, frustrated runner. The most common pain was in my calves and I used to joke that you could flip a coin for which one was going to hurt that day. Because of this, I wasnt getting fitter and my times certainly werent getting faster (in fact, they were getting slower). Running wasnt fun. Even though it seems like only yesterday, that was five years ago. At the time, the more things I changed, the more it felt like I was wasting my time. But slowly my running started to improve. My body felt better. . . and healthier. I got fitter. . . and I got faster. Im an experimenter at heart - I love tinkering with different things and trying to figure out not only what works. . . but what works the BEST. In this case, I was after the secret sauce of running. And I believe Ive found it. In this book youll receive not only the 50 Best Tips EVER for Running Fitter, Faster and Forever, youll also receive: - Instructional videos on running drills, flexibility and running-specific strength training - Training pace calculator - 6 audio downloads for mental toughness - 8 training programs ranging from 5k to marathon - 5 bonus videos on barefoot running, overuse injuries and how building a better butt will lead to a better life :...



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