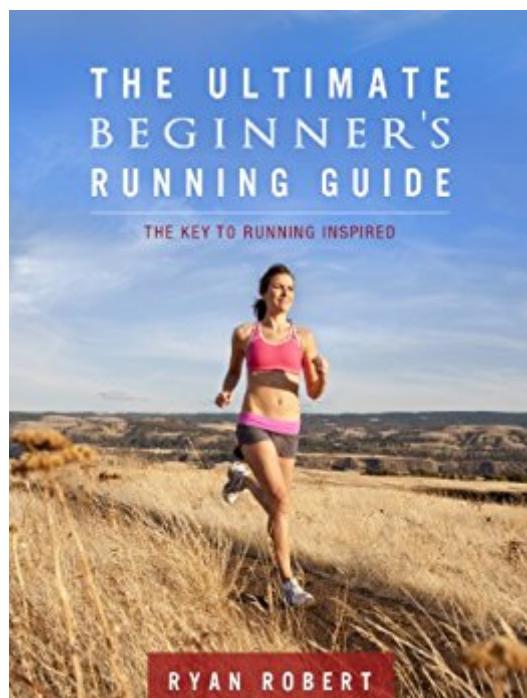


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# The Ultimate Beginners Running Guide: The Key To Running Inspired



## **Synopsis**

Several years ago Ryan Robert noticed his niece was having body image issues. She obsessed about her weight and let it take control of her life. Eventually she even lost the confidence she once effortlessly displayed. As an avid runner, Ryan knew if he was able to get his niece to start running she would gain self-confidence, better mental and physical acuity. It would also allow her a better focus on health rather than weight. Ryan started writing notes to his niece about different aspects of running. These notes became the impetus for his book *Running Inspired*. *Running Inspired* provides a wealth of information for the non-runner and beginning runner. The book covers everything from proper form, to shoes, to running schedules, and food. There is also information on how to stay motivated including visualization exercises. These are the tools Ryan used to teach his niece to run inspired and they will help you too. Ryan's writing style is friendly, easy to read, and non-judgmental. If you have ever thought about running, even if you've never tried it, *Running Inspired* is the perfect place to start.

## **Book Information**

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## **Customer Reviews**

The book was great. I am now inspired that's for sure. This book helps explains proper form, shoes, terrain, target heart rate for weight loss or cardio endurance, nutrition, common injuries, overcoming mental blocks and more. I decided I have to run to treat my depression and be strong for my family. Having a motivator really helps. Now I look forward to running and I understand the different types of training options. I hope one day I can do hill training like the book recommends. For now I've been running about 3 miles a day on a treadmill with a one percent incline. There's so much good stuff in this book!

I recently started running and wasn't sure of all the technical "stuff" one needed to know to be well informed about running and this book helped open my eyes and made me feel more comfortable about running, very good read.

Over all this covered everything a beginner needs to know on a beginner level. I'm very pleased with the book. It really is a great runners beginner manual. I enjoyed the authors writing style. This text really helped me and gave me a lot of confidence to begin running. After reading about running hills from the author i actually like running hills now! i would have never imagined!

What I like most about Ryan's book is that it is simplistic in nature. If you are looking for great detail or have been running for years, this book is not for you. Who is it for then? The complete beginner, someone like me who is going from nothing to jogging a few days a week in an effort to maybe lose weight, get in shape or maybe take on a new challenge. In fact, Ryan's book offers several training plans based on multiple reasons why someone may take up a running program: Active Beginners, Non-Exercisers, Weight Loss, and People 50 and Over. I wish I had copies of this book to hand out to people when they say, "I'm too (fat, old, busy, slow) to start running now." If it can be done (which it can because I did it), Ryan will help you find the way. His book includes everything that a new runner would need to know (or a seasoned runner who needs a great refresher) from hydration to nutrition to proper mechanics and good running form to increasing self-confidence to improving performance and staying motivated. If you are thinking about running, getting healthy, losing weight or simply getting off the couch and taking those first steps - don't miss out on a must-have resource to get you a smart, effective, affordable and fun start!

I am becoming a runner and I've been looking for a good book that will help me reach my goal. THIS IS IT!!!!The language is simple to read and the suggestions are easy to follow. The book is

straight forward and gave me the opportunity to learn the basics, without skipping steps. I am already running faster and further in just a few weeks. This is a good read and most definitely recommended!!!!!!

I was hoping for more detailed information, but it was okay. Good info on running form, active stretching, and loved the different running schedules. Comparing treadmill running to outdoor wasn't done well. Some of us have trouble with shin splints, pavement or not, and the author made it sound like simply strengthening the lower leg muscles would fix the problem. It doesn't. Good shoes fix the problem.

Clear, understandable and very helpful! It took the mystery out of the beginning running experience.

Simple but comprehensive book that won't scare off beginners. Keeps jargon to a minimum and no matter how experienced always contains good little reminders. Have put into practice some of the tips already.

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