



Running for Mortals: A Commonsense Plan for Changing Your Life With Running

John Bingham, Jenny Hadfield

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The authors of *Marathoning for Mortals* - John "The Penguin" Bingham and Coach Jenny Hadfield, MA, CPT - now show beginning runners how to fit running into their lifestyle easily

You don't have to run fast or competitively to reap the rewards that running has to offer. What you do need is the courage to start. That is the "Penguin mantra" that has enabled John Bingham through his best-selling book *No Need for Speed*, his popular monthly column for *Runner's World* magazine, and his many appearances at major running events throughout the year to inspire thousands of men and women to take up the sport for fitness and the sheer enjoyment that running brings them.

By teaming up with coach Jenny Hadfield, his wife and coauthor on *Marathoning for Mortals*, Bingham lays out strategies that will help readers to safely and effortlessly integrate runs into their busy schedules. In this book, backed by *Runner's World*, the authority of America's leading running magazine, the authors provide tips for getting started, sticking to a routine, eating for energy, hydration, and training for speed and endurance.

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From reader reviews:

Johnny Allen:

Spent a free time to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their particular friends. Usually they performing activity like watching television, likely to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Can be reading a book could be option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to try look for book, may be the book untitled Running for Mortals: A Commonsense Plan for Changing Your Life With Running can be very good book to read. May be it is usually best activity to you.

Janet Smith:

Why? Because this Running for Mortals: A Commonsense Plan for Changing Your Life With Running is an unordinary book that the inside of the e-book waiting for you to snap the idea but latter it will jolt you with the secret the item inside. Reading this book next to it was fantastic author who else write the book in such remarkable way makes the content interior easier to understand, entertaining method but still convey the meaning completely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of advantages than the other book include such as help improving your skill and your critical thinking method. So , still want to postpone having that book? If I were you I will go to the guide store hurriedly.

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Playing with family within a park, coming to see the ocean world or hanging out with good friends is thing that usually you have done when you have spare time, after that why you don't try thing that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Running for Mortals: A Commonsense Plan for Changing Your Life With Running, you could enjoy both. It is excellent combination right, you still need to miss it? What kind of hang-out type is it? Oh can happen its mind hangout people. What? Still don't obtain it, oh come on its identified as reading friends.

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