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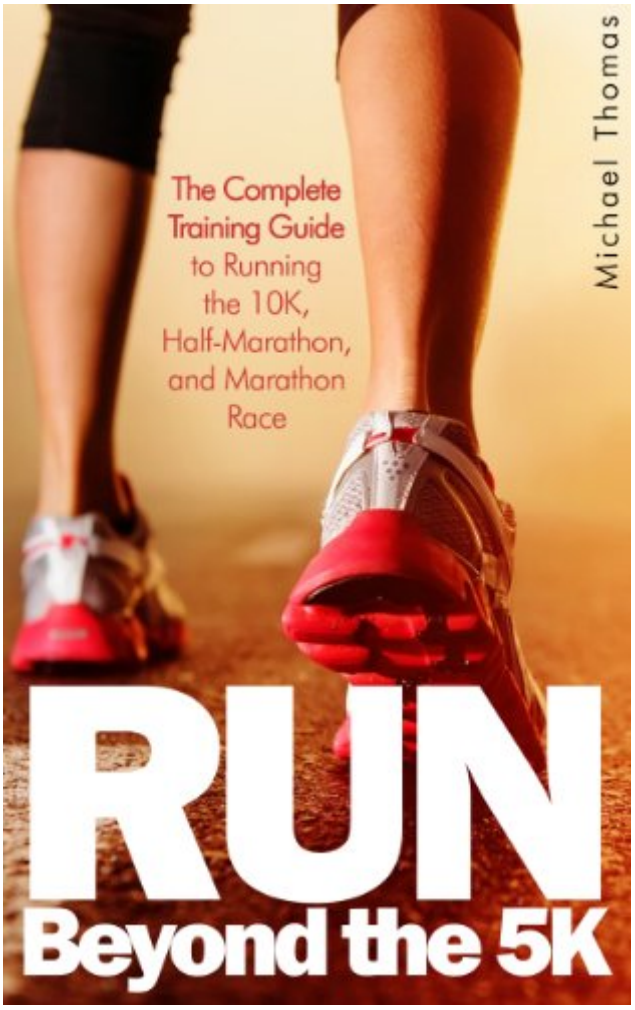
Run: Beyond The 5K - The Complete Training Guide To Running The 10K, Half Marathon, And Marathon Race



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Synopsis

Are You Ready To Run Your First 10K, Half-Marathon, or Marathon Race?!Ã Â You've run your first 5K race. You've had thoughts of running another 5K, but faster. You've probably thought about training for a 10K race in your hometown to see if you could run the full 6.2 miles.Ã Â Ã Â The thought may have even crossed your mind about someday running aÃ Â Half-MarathonÃ Â as a stretch goal. 13.1 miles is a long way to run, but you're pretty sure if you work hard enough, it can be accomplished.Ã Â It's even possible that you have come to love running so much that you've thought about going all the way: running a full Marathon...26.2 miles!Ã Â No matter which of these statements is true, one thing is for certain: You are a runner, and you are ready to take the next steps:Ã Â Beyond The 5K!Ã Â Ã Â Everything you need to start distance running is included in this book!Ã Â Topics Covered Include:Proper NutritionStretching Warm-Ups and Cool DownCommon Running InjuriesFartleks (Speed Running)Core StrengthCross TrainingTarget Heart Rate TrainingFull training plans for 10K, Half, and Marathon Races!!Ã Â Personal Note From The Author:This book blends years of personal experience gained from my successes and failures. I show you my unique approach to running that took me from a complete couch potato to running multiple marathons. I understand the challenges and frustrations of transitioning from being a beginning runner because I went through it personally. I lost over 60 pounds, and I am in the best shape of my life due to the techniques used in this book.Ã Â This is why I've put together this step-by-step guide to learning distance running. I'm confident that the techniques I used to turn myself from an out of shape non-runner into a healthy, fit, and efficient runner will work for you as well!Ã Â In an effort to provide my readers exceptional value, I also promise a response to all reader emails. All running related questions will be answered with a quick personal reply!Ã Â I thoroughly hope you enjoy this book.Happy Running!~Michael

Book Information

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Customer Reviews

I am 55 and mentoring a newbie aged 14 who has been bitten by the running bug. She has just completed her third 5K. I have been running approximately 7 years, and ran my first race, a half marathon this past spring. I entered the half purely as a motivational tool to become more conditioned and renew my excitement to running. That goal being achieved, I am back on the "read everything I can get my hands on" for tips on improving my mechanics and conditioning. All of that being said, this young girl is an avid reader as well so I suggested she peruse the running books and provide me with the titles of those she would care to read. Hence, this book was one of her choices.This will prove to be an informative book and will provide her with lots of tips and guidance on conditioning and preparing for races. Additionally, this read reinforced a lot of my learnings and offered some additional information that I will apply to my training.Overall, a recommended learning tool for beginner runners and for those looking to start competing in races.

After running my first 5K, I was looking for some tips on running longer distances. This is a great read for beginners and intermediate runners. It covers pretty much everything you would want to know from basics like nutrition and hydration, to more advanced topics like heart rate training and speed running.Most running books don’t have detailed training plans, but this book has printable plans for 10K, half-marathon, and marathon distances. Highly recommended for anyone looking to run longer distances.

I liked the planning strategies and can now gather them into one place on a get ready to run list. Being a list maker keeps me in orderand you’ve given me several ideas to help me get better and faster. Working hard toward the Cowtown 10k and trying to figure outways to get in faster than last

yrs 1:14. Your book is well laid out and is easy to understand. I did the heart rate calculations whichare indeed very important and your formula examples were spot on. Thanks for writing this for us and I'll be sure to share it with others.Mike LavelleDenton TX

I have been back running for 18 months. I still consider myself a beginner because I am mostly doing 5ks. This book was super inspiring and I totally love the idea of a mantra...definitely going to adopt that on my next fartlek. I hope to see an improvement in my next 5k as I am preparing for another sprint triathlon in 2 months. You helped recharge my goals!

I really enjoyed this book a lot, and would recommend it to anyone that is even considering developing in running.I love the author's line in the opening "People are not born runners." For me, this sums up my feelings about running. I know its values in my life, and I have flirted over the years with making running a larger part of my life. However, reading this line liberated me to be ok with not always being in love with the idea of running. It set the stage for the rest of the book, and how I was able to interpret the information.The author works in many personal stories, which makes this book much more attainable. I feel like the advice is real, because he has used it.This book is also very complete - it talks about everything from what type of running shoes to buy, to what type of diet to pursue, motivation, stretching, training, and all the way to advanced methods of tracking heart rate and the race itself.Very well done!!!

As someone who hasn't gone beyond a 5K yet (okay so that's stretching it) I really appreciate the detailed instructions on how to run a 5K, 10K, marathon etc and all of the well researched information in this book.I personally am trying to increase my lung capacity and trying to get my form down while training for bigger races and this book is helping me to do just that. The charts are very specific and give you a blueprint for how to run longer races.You'll also find detailed info on how to get the perfect running form, diagrams of proper stretching, bonus info and much more. One of the best values for a Kindle book I've ever gotten and tis is something I am going to keep using during my training the whole time. Great tips on how to run a 5K or Marathon, great training guide.

Hey it's a great price it's a running book that helps me unwind during travel. It's not the most informative running book but its lite quick and an easy read.Good luck

I read the author's earlier book and found this one equally useful. If you are following the series,

then this will have some repetitive items in it however he gives you training plans with the book. Others charge extra or much more for them. I think it is a great value and it is an easy read with an easy to understand approach to the subject. I didn't feel like there was anything more than what I needed to get started and go out and run.

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