

# From Newbie Runner to Running Addict: Get Your Life Back on Track

Are you ready to transform your life with the power of running? From Newbie Runner to Running Addict is the ultimate guide to help you get started, stay motivated, and achieve your running goals.



## Going back to running in 3 months: From newbie runner to running addict (Get Your Life Back On Track! Book 1) by Morgon Latimore

★★★★☆ 4.6 out of 5

Language	: English
File size	: 705 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Lending	: Enabled
Print length	: 5 pages
Screen Reader	: Supported



Whether you're a complete beginner or you've been running for a while but you're ready to take your running to the next level, this book has everything you need to know.

You'll learn:

- How to set realistic goals and create a training plan that works for you

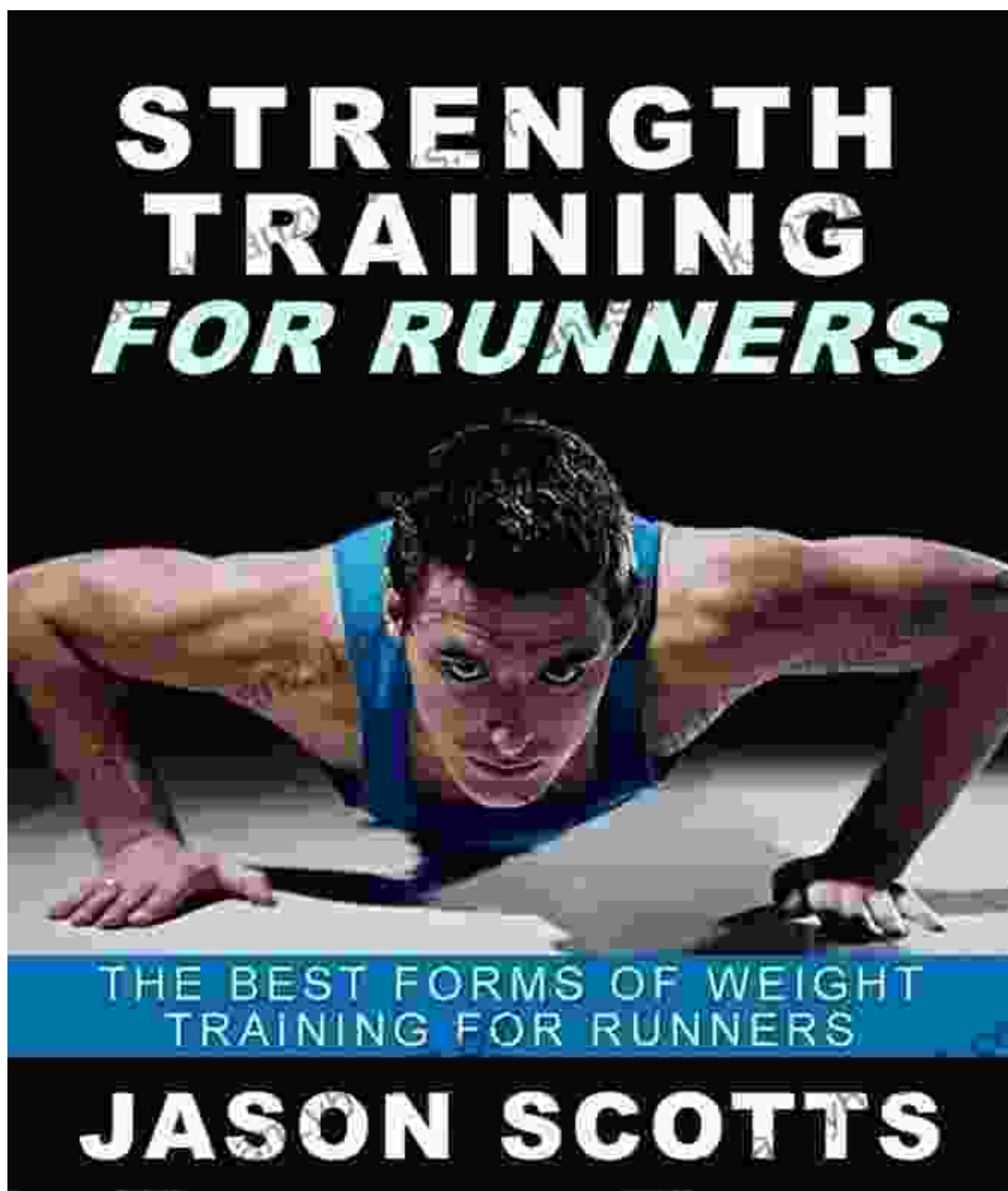
- The proper running form and technique to avoid injuries and maximize your performance
- How to fuel your body for optimal running performance
- The mental and emotional benefits of running and how to overcome challenges
- And much more!

With *From Newbie Runner to Running Addict*, you'll not only learn how to become a better runner, but you'll also discover the transformative power of running. Running can help you:

- Lose weight and improve your overall health
- Reduce stress and improve your mood
- Boost your energy levels and improve your sleep
- Increase your confidence and self-esteem
- Connect with other runners and build a community

If you're ready to make a positive change in your life, *From Newbie Runner to Running Addict* is the book for you. Free Download your copy today and start your journey to becoming a running addict!

**Click here to Free Download your copy of *From Newbie Runner to Running Addict* today!**



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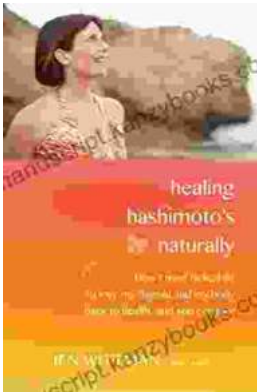
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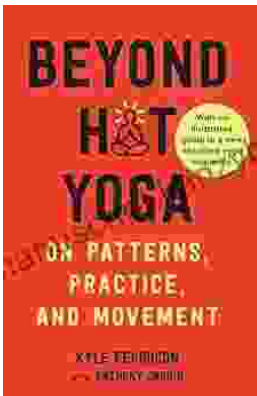
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