



# **Run Faster!: Race Better, Run Faster, Injury Free, Train for 5K, 10K, Half Marathon, Marathon, & Triathlon Runners (Return to Fitness)**

*Stephanie Atwood*

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## **Ready to run faster?**

**"This How-To book has a little bit of everything in it!"**

1. Start today, from where you are right now
2. Add speed work once a week, No more is necessary!
3. Vary workouts so your body keeps improving

"All in all, I highly recommend this book for any runner, run/walker, or walker who is looking to improve his/her speed and stamina".

"The purpose for each workout is summarized and the directions of what is to be done in each workout are clear".

For recreational runners who want to get faster but don't have the budget for a private coach, now you can run faster, with professional coaching, without the cost!

Run Faster! offers a series of workouts for distance runners of all abilities; one for each week of the year plus a bonus.

Speed and interval type workouts WILL help you get faster. When you apply yourself you WILL reap the benefits. Run Faster! Race Even Better takes the guesswork out of HOW and WHY.

You will have the option of doing Least Hard, Moderately Hard, or Hardest Workouts based on your running experience and the timing of your current training and goals.

Each workout includes a warm-up, a detailed main run/speed workout, followed by the cool down. You also have a written PURPOSE for each of the workouts clarifying WHY you are doing it and WHAT it attempts to accomplish. You will also see a daily quote offering inspiration, humor, or food for thought...

Coach Stephanie Atwood has more than 30 years of experience as a runner and a coach. These workouts have been developed from her own experience working with many levels of athletes on a daily basis.

She has coached athletes in cross country, road racing, and trail races. She has coached individuals and teams. She has worked with youth and adults all the way up to octogenarians.

Coach Stephanie Atwood founded Go WOW Team, a women's running walking group in the SF Bay Area, to offer quality, professional coaching and organized workouts to women of all ages, abilities, and sizes. This book is the first in the Return to Fitness Series, a compilation of workouts and information already tested on the members of Go WOW Team and now made available to all runners, everywhere.

Coach Stephanie is also an award winning, competitive runner who has qualified for the Boston Marathon and regularly places in the top 4 in her age division. She practices what she teaches and offers practical, realistic, and interesting training methods that include humor, skill, and experience.

It's time to do this! One button, at the top right of the page gets you on the right track  
Do this today!

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### **From reader reviews:**

#### **Jan Doyle:**

What do you think of book? It is just for students since they are still students or it for all people in the world, the actual best subject for that? Just you can be answered for that question above. Every person has distinct personality and hobby per other. Don't to be obligated someone or something that they don't desire do that. You must know how great in addition to important the book Run Faster!: Race Better, Run Faster, Injury Free, Train for 5K, 10K, Half Marathon, Marathon, & Triathlon Runners (Return to Fitness). All type of book could you see on many methods. You can look for the internet solutions or other social media.

#### **Cleta Blackwell:**

The book untitled Run Faster!: Race Better, Run Faster, Injury Free, Train for 5K, 10K, Half Marathon, Marathon, & Triathlon Runners (Return to Fitness) contain a lot of information on the idea. The writer explains the woman idea with easy technique. The language is very straightforward all the people, so do definitely not worry, you can easy to read this. The book was published by famous author. The author will bring you in the new age of literary works. It is easy to read this book because you can read more your smart phone, or product, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can available their official web-site in addition to order it. Have a nice learn.

#### **Dennis Gaines:**

As a college student exactly feel bored for you to reading. If their teacher asked them to go to the library in order to make summary for some e-book, they are complained. Just little students that has reading's heart or real their pastime. They just do what the trainer want, like asked to go to the library. They go to generally there but nothing reading significantly. Any students feel that reading is not important, boring and also can't see colorful photographs on there. Yeah, it is for being complicated. Book is very important in your case. As we know that on this period, many ways to get whatever we really wish for. Likewise word says, ways to reach Chinese's country. Therefore this Run Faster!: Race Better, Run Faster, Injury Free, Train for 5K, 10K, Half Marathon, Marathon, & Triathlon Runners (Return to Fitness) can make you sense more interested to read.

#### **Naomi Dillon:**

A lot of people said that they feel weary when they reading a book. They are directly felt the item when they get a half elements of the book. You can choose often the book Run Faster!: Race Better, Run Faster, Injury Free, Train for 5K, 10K, Half Marathon, Marathon, & Triathlon Runners (Return to Fitness) to make your reading is interesting. Your current skill of reading proficiency is developing when you similar to reading. Try to choose simple book to make you enjoy to read it and mingle the sensation about book and reading especially. It is to be first opinion for you to like to open up a book and go through it. Beside that the publication Run Faster!: Race Better, Run Faster, Injury Free, Train for 5K, 10K, Half Marathon, Marathon,

& Triathlon Runners (Return to Fitness) can to be your brand-new friend when you're experience alone and confuse in doing what must you're doing of this time.

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