



But I Don't Like Running, Now What? Learn To Run Fast In 6 Steps

Fred Medina

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Now What? Now you learn how to run for Speed and Short distances. If you like to run miles and miles a week, then this book isn't for you. But if you want to be able to run fast and be done in under 20 minutes then this book is right up your alley.

As you progress through the 6 steps, the workout will actually take you less time. By the time you reach the last step, you should be done in under 10 minutes.

The running workout is meant to be done on a track, for ease of measurement, but can be done anywhere. There will be no marathon running here. But if you decide that you want to run farther than I recommend, I'll explain how to progress to that as well.

Whether you want to be able to score that touchdown in a pick up game of football, or to out run a zombie during the apocalypse. You need to be able to run fast. I'll show you how to get going.

Who's this book for?

- People who don't like to jog
- People who want to be able to run fast and be done relatively quickly
- People who want to run, but don't want to run or jog marathons
- Anyone who gets bored with jogging for an hour or more

Run, like you mean it.

"Me and my wife checked out your running ebook. She likes it because she says it really encourages people to run. We both like the way you formed the focus on why we run, it made complete sense in a simple to understand way. It's true! Why are we running for so long? Nobody is supposed to do that. I think the ebook shows how we were meant to run, which gives a reason to do it. Cool ebook"--J.P.

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Sam Richey:

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Jerome Chisolm:

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Joseph Carter:

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