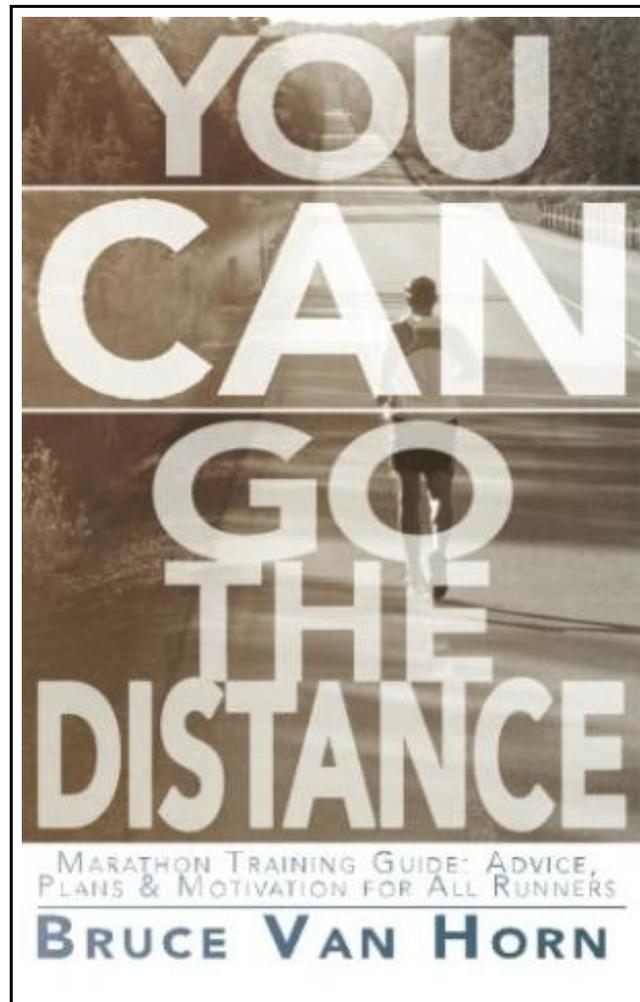


You Can Go the Distance Marathon Training Guide: Advice, Plans Motivation for All Runners



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Reviews

Just no terms to describe. This is for those who statte that there was not a worth studying. I am just easily can get a enjoyment of studying a written ebook.

(Deshawn Roob)

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Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 166 pages. Dimensions: 8.0in. x 5.0in. x 0.6in. If you've ever thought about running a marathon, this book is for You! If you think you can't run a marathon, Bruce Van Horn will show you that you CAN go the distance! If you have Run a Marathon on your Bucket List, this is the book you want to read first! With the information and motivation you'll receive, you will be able to say I ran a Marathon! Bruce, I love the chapter! I feel honored that you would include Yasso 800s in your book! Bart Yasso, CRO, Runners World Bruce Van Horn understands the new world of engagement better than anyone I know. He is constantly uplifting and coaching others. He is always available, helping others get over their plateaus, and move to the next level. Bruce will help take can't out of your vocabulary and replace it with CAN. He constantly puts out value into the world which makes the world a much better place. JB Glossinger, CEO and Founder MorningCoach. com and Alive Foundation You CAN Go the Distance! is much more than just a marathon training guide. Inside every chapter, Bruce Van Horn, coaches you with training techniques from years of experience and infuses them with his own brand of motivation and inspiration which, literally, hundreds of thousands of people have come to love him for. Most people never even attempt a marathon because they are convinced they cannot possibly run 26.2 miles. What they forget is that every world-class runner started at the same place. Perhaps the hardest part about running a marathon is making the decision to actually try it! This book gives you the confidence, motivation and inspiration you need, along with...

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