



Get Running: How to Get Started, Stay Motivated and Run Your Best

Matt Roberts

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Running is the most popular form of exercise in the world, with the number of people taking part in running events growing massively all the time. From a health point of view this is great news, yet many of those slipping on their running shoes for the first time are less than sure of the best way to get started, while even those who have experience need a little help to take their training to the next level. In this exciting new book, personal trainer to the stars and former international sprinter Matt Roberts brings his considerable fitness experience to bear on the subject, presenting a number of his highly acclaimed running programmes for you to follow at home. Get Running includes the basics from good running technique, goal setting and motivation to schedules, preparation and how to deal with injuries and strains. You'll find the low-down from Matt's team of coaches and health experts as well as the best advice on running shoes, clothes, accessories and gadgets, and where to buy them. Everything from fun runs and charity runs to clubs, competitive racing, marathons and ultra-distance events around the world are covered. So whether you are preparing for your first 5km charity walk or you are trying shave time off your marathon personal best, Matt Roberts' Get Running will provide you with the guidance and inspiration you need to propel yourself ahead of the pack.

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