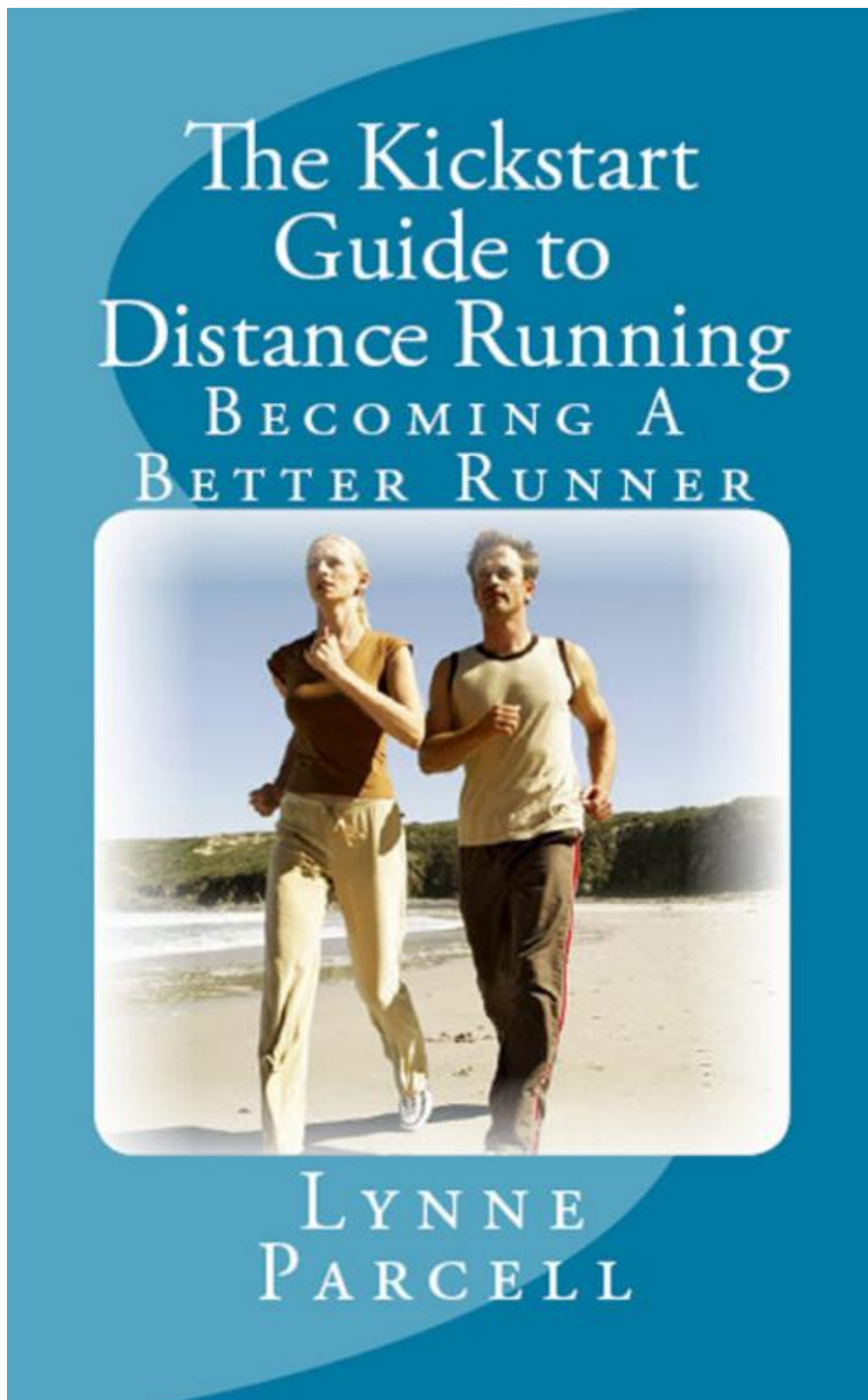


## The Kickstart Guide To Distance Running



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Distance running, according to the Encyclopaedia Britannica is any foot race that ranges from 3,000

meters to 42,195 kilometres. This is the basic length for marathon. Distance running is not only for marathon. running can be very beneficial to you physically and mentally If you are a beginner with distance running, this ebook is for you. We will discuss the different kinds of distance running. It will also cover the right things to do before and after you run and how to stay injury free. Discover: How to select a running shoes The right foods to eat Running injuries And more

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