



# How to Run Your First 5K: The Low Impact Method with Training Plans Included (Iron Training Tips)

*Brett Lee Scott*

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## How to Lose Weight, Improve Your Fitness and Boost Your Energy Levels by Running

*Do you want to get fit, lose weight or start a healthy hobby like running?*

Perhaps you've tried running before and it didn't work out. Perhaps you're struggling to get motivated.

Perhaps you're worried about injury or your health.

### Well here's the good news...

You have everything you need inside of you to become a good runner. Human beings were designed to run. All you need is to learn how to use that natural potential and run efficiently. Using the Low Impact Method outlined in this book you can confidently build up to running 5K.

### Run Smart!

Too many amateurs try to clock as many miles as possible. They start full of enthusiasm and run out within weeks. I see this happen all the time because runners try to do too much, too soon.

In the **3 Training Plans & 6 Workouts** shared in this book, I'll teach you how to Run Smart not Run Hard! You could be recovering from pregnancy, injury; you could be overweight; it could be 20 years since your last run at high school. It doesn't matter! You don't need to run every day. You can run as little or once or twice a week and **get massive results within 2 months**. By choosing the right plans in this book, **you can get started and stay motivated**.

### Done right, Running is the Best Exercise

Running is as popular today as it ever was. I see people of **all shapes and sizes, all ages**, taking up running because, done right, it's the **best exercise** there is.

\* No equipment required

\* Lose weight by burning fat

\* Boost your energy levels when you're not running

- \* Boost your immune system
- \* Improve your cardiopulmonary system
- \* Increase muscle strength and tone
- \* Boost your motivation, discipline and mental strength
- \* Improve your self-confidence and inspire others
- \* It's so much better than sitting at home and watching TV!

## **What's Inside "How to Run Your First 5K"?**

- \* How to get started running
- \* Preparing for your first run
- \* How to set goals that will motivate you
- \* Why starting small is key to maintaining momentum
- \* Why and how you need to be consistent in your training
- \* How to record & measure every run
- \* What to wear
- \* How to choose your running shoes
- \* The 3 different foot types - which are you?
- \* Do you need to run every day?
- \* How to choose your running plan
- \* How to train for a 5k race
- \* How to train for a 10k race
- \* How to improve your 10k race time
- \* How to achieve distance goals
- \* What to do if you get sick
- \* What to do if you miss a session
- \* How long out before you lose fitness?
- \* Why it's not about the quantity but the quality of your workouts
- \* The 6 types of running workout
- \* Overcoming common running challenges and problems
- \* Common newbie running mistakes
- \* Should you run on the treadmill or outside?
- \* Should you run street or on trails?
- \* How to choose your run route
- \* Should you run with or without music?
- \* Should you talk to others while running?
- \* Should you run alone or in a group?
- \* Should you run laps or not?
- \* What's the difference between stretches and dynamic warm ups?
- \* What type of warm up routine is the best for running to prevent injury?
- \* The importance of warm-downs
- \* The importance of recovery after a run
- \* How to recover after a run
- \* How to measure lap times
- \* How to improve your performance and fitness
- \* How to work with the 3 training zones
- \* How losing weight can make you faster

- \* How to improve running endurance
- \* How to improve muscular strength
- \* How to improve neuromuscular skill
- \* The link between running, nutrition and weight loss
- \* How to run for maximum weight loss
- \* How the 3 training zones impact weight loss
- \* How to fuel properly for running
- \* Should you eat during the run?
- \* What should you eat after running?
- \* Why is the 30 minute window key to weight loss and performance?
- \* What are quality carbs & protein?
- \* How

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#### **Janice Garcia:**

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