



# **Run Faster, Run Smarter: A quick guide for beginners who want to become distance runners (Marathons and Distance Running)**

*Armin Bergmann*

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## Praise for this book...

*"This was very helpful. I'm a novice runner, but I have been trying to challenge myself to extend the length of my runs. Thank you for a helpful source of information to get me started."*

*"What a fun read! I liked the background info. you gave on distance running and the encouragement you gave to do this the "smart" way. I'll keep you posted on how this goes for me, but I'm excited!"*

*"A short book, but a good book. Certainly a useful tool for a beginner."*

**In this edition of the Kindle Quickread series, Armin Bergmann is going to show us how beginners who are interested in running marathons can eventually become distance runners.**

## Here Is A Preview Of What You'll Learn...

- What is distance running and why has it been gaining in popularity as a hobby and a means of exercise?
- How can you properly train for a marathon so as to prevent bodily harm?
- How can running short distances be a useful preparatory tool for long distance runners?
- What does a proper training schedule look like?
- What kind of recovery period should you keep between training sessions?
- What does the proper training diet look like and which foods should you absolutely **AVOID**?
- How should stretching and hydration be incorporated into your training?
- And much, much more!

## What are Kindle Quickreads?

**Kindle Quickreads are a series of short books that are meant to be read in one sitting.** Each "Quickread" tackles just one particular subject. This series of books aims to give readers the encouragement, assistance and ideas they need to handle specific problems or areas of personal growth.

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**Various talented authors have contributed to the Kindle Quickread series and our team continues to grow.** Their talents and insights have helped thousands of people and we look forward to offering many additional books in this series over the coming months.

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