



Training for a Marathon

Benjamin Charbonneau

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Training for a Marathon is a life changing endeavor! How do I start my training? How many miles a week should I run? How do I lose weight so I can start training? What is runner's knee and plantar fasciitis? How do I make a plan and stick to it? What do I wear: Spandex or running shorts? Where do I find the motivation or time to work out!? The answers to these questions and many more can be found in this new eBook. We have compiled a database of the most discussed topics on the internet and have created professionally written articles about them to better help you on your journey! Whether you are new to running or a seasoned vet, we guarantee you will find value in this eBook!

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