



## How to Run Faster: Run Cycle Swim

By Julian Bradbrook

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 108 pages. Dimensions: 8.0in. x 5.0in. x 0.4in. Have you ever wanted to boost your running speed? *How To Run Faster* will reveal proven techniques that will give you the winning advantage. It really doesn't matter whether you're a sprinter or a runner working towards 5k, 10k, half-marathon or full-marathon distances. *How To Run Faster* offers you effective and powerful methods that will quickly deliver amazing results. Topics covered in this exclusive book include: -- Discover how fast is fast enough - Why gradients and speed training are essential to your success - How to increase your speed and endurance using simple techniques - How you can double your running speed within one month of practice - Why should you never be out of breath and how to avoid this barrier to your success - How to maintain pin sharp focus while running - How to use rest days so that you can run faster - When is the best time to eat to maximise your results - Which foods should you be eating for increased success - Improved performance using footwear secrets - And MUCH, MUCH MORE!!! Don't worry. None...

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