



# Long Distance Running for Beginners (From Couch to Conditioned: A Beginner's Guide to Getting Fit)

*Michael Spilling, Sean Fishpool*

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## **Long Distance Running for Beginners (From Couch to Conditioned: A Beginner's Guide to Getting Fit)** Michael Spilling, Sean Fishpool

Inspiration is easily found through this unique training manual for long distance runners of all abilities, with special focus on the beginning runner. Readers get prepared for anything, from a typical 5K run to a full marathon. Each level of progression includes a fitness schedule and one or more race schedules (5K, 10K, half-marathon, marathon). This guide also includes assessment programs, diet and nutrition guides, strategies for avoiding and coping with injuries, and tips on proper clothing and equipment.

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