



Ipeaked: A Reluctant Runner's World

By Thomas Swasey

Createspace, United States, 2012. Paperback. Book Condition: New. 196 x 126 mm. Language: English . Brand New Book ***** Print on Demand *****.Ipeaked: A Reluctant Runner's World is about my 30+ years and over 30,000 miles of running. It's not your typical runner's book since my passion is more about quality of life than running. I am truly a reluctant runner who embraces and enjoys the benefits of the world of running rather than the act. So if you're starting to run or are a seasoned runner or bicyclist: meet my guardian angels, race and train with me, share my life with family and friends, and learn a few things about running (run/walk method, paying forward, training schedule, how not to run a marathon and more), cross training (biking and swimming), first triathlon, beginning road biking, and runner gift suggestions. I have mastered the balance of being competitive while adhering to a 'don't hurt yourself?' training regimen. It seems to have worked since I'm still at college weight, my butt hasn't fallen off yet, and most of my family and friends are still talking to me.

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Comprehensive guide! Its this sort of very good go through. It generally is not going to price too much. Its been designed in an remarkably basic way which is simply following i finished reading this pdf where really changed me, affect the way i really believe.

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This composed publication is fantastic. I was able to comprehend everything using this composed e book. It is extremely difficult to leave it before concluding, once you begin to read the book.

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