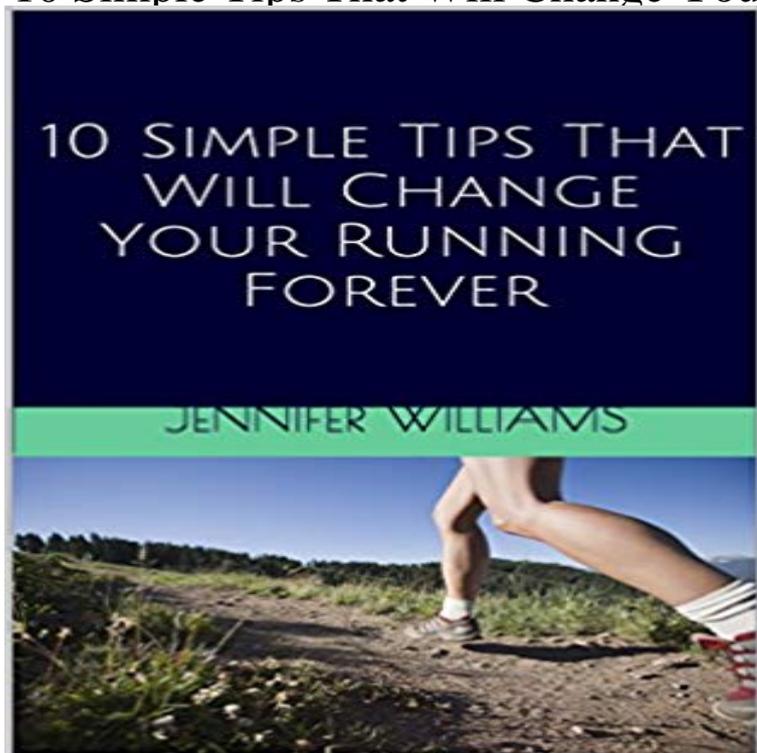


10 Simple Tips That Will Change Your Running Forever



With just a few simple changes to your approach, your running style can improve. You will feel instant results as you tweak your form and make small, yet simple, changes to your runs. You can adapt these tips to suit your individual running style. Whether you are just taking your first running steps or are a seasoned runner looking to maximize your efficiency, you will find something in this book to help.

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