



Fat Man Running: Marathon Training Running Advice for Overweight Middle-Aged Men (Paperback)

By Jelmar Manuel

Aquarian Consultant, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Men in crisis often start running. It gives them a sense of control, a space to breathe. And it's cheaper than a Porsche. Fat Man Running safely prepares you for marathon running. No matter how much you weigh or how fit you feel, it takes you from 0 to 42 kilometers. It contains running wisdom, diet advice and training schedules. It also tells you how to apply that information in your life. With this book in hand you will be able to lose weight and build up the strength, endurance and resilience to conquer that Distance of Distances: 42.195 kilometers. And all the smaller distances in between. If life is like a prison, running is like tunneling yourself out. This book is a practical help. It gives you a map of the territory. It shows you where to start digging. Run well.

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