



Revolutionary running: Become stronger and faster runner using strength, flexibility and plyometric training

Larry Todd

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Revolutionary running

Would you like to be a stronger and faster Runner? What is Keeping You From Your Running Potential?

You want to run faster, most every runner does. But, no matter how many times a week you are out running, pushing yourself, your times stay the same

What's holding you back? Larry Todd's revolutionary guide will show you what's holding you back and how to unleash your running potential

This quick start guide will teach you:

- Set your Goals
- Strength Training
- Plyometric Training
- Cross Training
- Flexibility for Runners
- Running Nutrition

After using this book you will know how to break through any obstacle. Whether you are a beginning runner, or a veteran of several marathons, you will find valuable insights and techniques into molding your body into a stronger, more flexible, and faster running machine. Unlike most running books that only focus on one aspect of training, Todd's book looks at everything from how you run to what you eat.

With this incredible guide there are no more excuses for not getting faster. Download this guide today and start your revolutionary training regimen. The sooner you start, the sooner you will see your times come falling down.

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