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# Instant running

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## **Instant running** Infinite Ideas

This book is all about running, health and fitness. The information is broken down into easy, bite-sized chapters that take you through your first few runs and on as far as you want to go. We begin with the basics, such as kit, and then give you hints on the right food to fuel your training along with tips about muscle care and recovery. There's also some advice on weight training and developing your lower body as well as some suggestions for using your new-found fitness. By presenting the information in short, 200-word chapters, we've made it easy for you to put ideas into practice quickly, so you can read an idea on the bus, in bed or at lunchtime and add it to your routine the next time you go for a run.

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