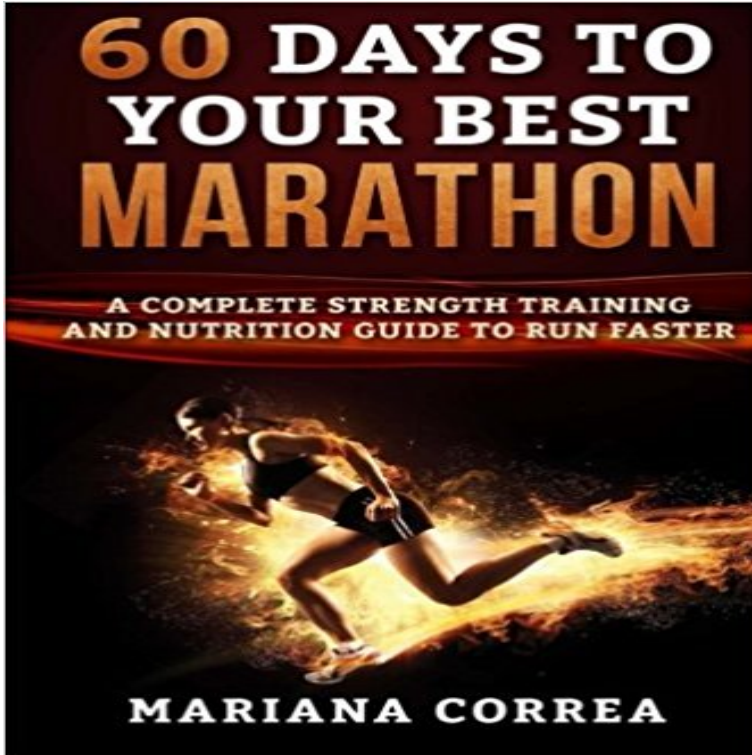


# 60 DAYS To YOUR BEST MARATHON: A COMPLETE STRENGTH AND NUTRITION GUIDE To RUN FASTER



60 Days to your Best MARATHON is the best book to improve your speed, strength, health and nutrition in only two months. Nutrition is a big part of any training program, remember when you think you're done training, you're not done training, at least not until you've put some nutrients back into your body. You will find included a full chapter with 50 Paleo recipes for any time of day, allowing your body to fully replenish you for your following workout. With a detailed day by day training session you will look and feel better. Anyone can be their best it will take hard work and dedication, and the right training program. This strength training guide is complete with warm ups, body specific workouts, plyometric exercises, ab training, cool downs, and tips for your best Running yet. Keeping your body strong and injury free. After completing these 60 days you will be able to: lose unwanted body fat, run faster, increase muscle growth, train harder, increase your endurance, improve your health and nutrition and much more.

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