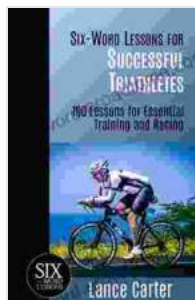


100 Lessons for Essential Training and Racing: The Six-Word Lessons



Six-Word Lessons for Successful Triathletes: 100 Lessons for Essential Training and Racing (The Six-Word Lessons Series Book 21) by Lance Carter

★★★★☆ 4.7 out of 5

Language	: English
File size	: 694 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 131 pages
Lending	: Enabled
Screen Reader	: Supported



Are you ready to take your running to the next level? Whether you're a beginner just starting out or an experienced runner looking to improve your performance, this book has something for you. *100 Lessons for Essential Training and Racing* is a practical guide that will help you improve your training, prevent injuries, and race your best.

Drawing on the author's years of experience as a coach and runner, this book provides 100 essential lessons that cover everything you need to know to train and race effectively. From nutrition and hydration to injury prevention and race-day strategies, this book has it all.

Each lesson is presented in a concise, six-word format that makes it easy to remember and apply. For example, one lesson is "Run tall, stride long." This simple reminder can help you improve your running form and efficiency.

Another lesson is "Listen to your body." This is an important reminder to pay attention to how you're feeling and to rest when you need to. Ignoring your body's signals can lead to injuries and burnout.

Whether you're just starting out or you're a seasoned runner, *100 Lessons for Essential Training and Racing* is a valuable resource that can help you take your running to the next level.

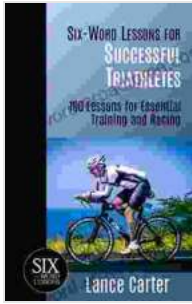
Here are just a few of the benefits you'll get from reading this book:

- Learn how to train effectively and avoid injuries.
- Discover the secrets to running faster and longer.
- Get expert advice on nutrition, hydration, and recovery.
- Develop a mental game plan for race day.
- And much more!

If you're serious about improving your running, then you need to read this book. *100 Lessons for Essential Training and Racing* is the ultimate guide to running success.

Free Download your copy today!

**Six-Word Lessons for Successful Triathletes: 100
Lessons for Essential Training and Racing (The Six-**



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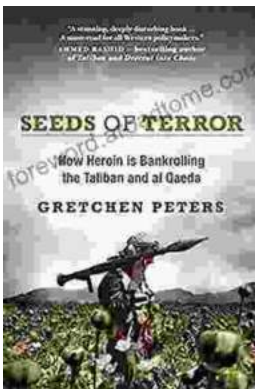
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