

Finish Your Marathon Inside Hours With Dr Jim Dr Sport Lifestyle Guide



Finish Your Marathon inside 3 hours with Dr Jim (A Dr's Sport & Lifestyle Guide Book 2) by John C. Maxwell

★ ★ ★ ★ ☆ 4.4 out of 5

Language	: English
File size	: 27303 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 154 pages
Lending	: Enabled



Are you looking to finish your marathon inside hours? If so, then you need to check out Dr Jim Dr Sport Lifestyle Guide.

This comprehensive guide has everything you need to know to train for and run a marathon, including:

- Training plans for all levels of runners
- Nutrition advice to help you fuel your training and race
- Mental strategies to help you stay motivated and focused

Dr Jim Dr Sport Lifestyle Guide is the ultimate resource for runners of all levels. With this guide, you will have everything you need to achieve your marathon goals.

Training Plans

Dr Jim Dr Sport Lifestyle Guide includes training plans for all levels of runners, from beginners to experienced marathoners.

The beginner training plan is designed for runners who are new to marathon running. This plan gradually increases your mileage and intensity, so that you can safely and effectively prepare for your race.

The intermediate training plan is designed for runners who have some experience with marathon running. This plan is more challenging than the beginner plan, but it will help you to improve your fitness and endurance.

The advanced training plan is designed for experienced marathoners who are looking to improve their race time. This plan is the most challenging of the three plans, but it will help you to reach your full potential.

Nutrition Advice

Nutrition is an important part of marathon training and racing. Dr Jim Dr Sport Lifestyle Guide provides comprehensive nutrition advice to help you fuel your training and race.

The guide includes information on:

- The best foods to eat before, during, and after your runs
- How to hydrate properly
- How to avoid common nutritional mistakes

By following the nutrition advice in Dr Jim Dr Sport Lifestyle Guide, you can ensure that you are getting the nutrients you need to train and race your best.

Mental Strategies

Mental toughness is just as important as physical fitness when it comes to marathon running. Dr Jim Dr Sport Lifestyle Guide provides mental strategies to help you stay motivated and focused throughout your training and race.

The guide includes information on:

- How to set realistic goals
- How to stay motivated when things get tough
- How to deal with race day nerves

By following the mental strategies in Dr Jim Dr Sport Lifestyle Guide, you can develop the mental toughness you need to succeed in your marathon.

Dr Jim Dr Sport Lifestyle Guide is the ultimate resource for runners of all levels. With this guide, you will have everything you need to train for and run a marathon, including training plans, nutrition advice, and mental strategies.

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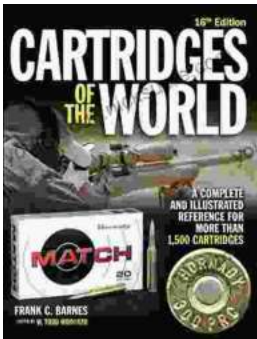


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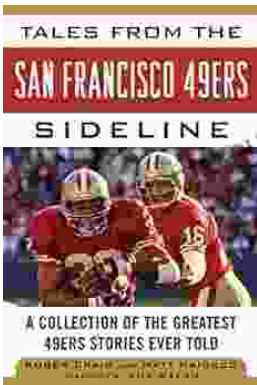
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