



You CAN Go the Distance! Marathon Training Guide: Advice, Plans & Motivation for All Runners

Bruce Van Horn

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If you've ever thought about running a marathon, this book is for You!

If you think you can't run a marathon, Bruce Van Horn will show you that you CAN go the distance!

If you have "Run a Marathon" on your Bucket List, this is the book you want to read first! With the information and motivation you'll receive, you will be able to say "I ran a Marathon!"

"Bruce, I love the chapter! I feel honored that you would include Yasso 800s in your book!" —Bart Yasso, CRO, Runner's World

"Bruce Van Horn understands the new world of engagement better than anyone I know. He is constantly uplifting and coaching others. He is always available, helping others get over their plateaus, and move to the next level. Bruce will help take "can't" out of your vocabulary and replace it with "CAN." He constantly puts out value into the world which makes the world a much better place."—JB Glossinger, CEO & Founder — MorningCoach.com & Alive Foundation

You CAN Go the Distance! is much more than just a marathon training guide.

Inside every chapter, Bruce Van Horn, coaches you with training techniques from years of experience and infuses them with his own brand of motivation and inspiration which, literally, hundreds of thousands of people have come to love him for.

Most people never even attempt a marathon because they are convinced they cannot possibly run 26.2 miles. What they forget is that every world-class runner started at the same place. Perhaps the hardest part about running a marathon is making the decision to actually try it!

This book gives you the confidence, motivation and inspiration you need, along with rock-solid marathon training advice and convinces you to take the word "Can't" out of your vocabulary and replace it with the word "CAN!"

Bruce Van Horn has the heart of a true coach. He loves to see others break through their fears and self-doubt to reach new goals. He is passionate, as you'll soon learn, about your success.

This is also not JUST a book!

www.YouCanGoTheDistance.com is a website built as an on-line community for readers to come and ask questions, get more advice, and share their success stories. Get the book and come join the community!

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Ginger Knowles:

As people who live in typically the modest era should be update about what going on or information even knowledge to make these individuals keep up with the era that is certainly always change and advance. Some of you maybe may update themselves by studying books. It is a good choice for you personally but the problems coming to you actually is you don't know which one you should start with. This You CAN Go the Distance! Marathon Training Guide: Advice, Plans & Motivation for All Runners is our recommendation to help you keep up with the world. Why, as this book serves what you want and wish in this era.

Gloria Brower:

Now a day people who Living in the era exactly where everything reachable by connect to the internet and the resources inside it can be true or not need people to be aware of each facts they get. How people have to be smart in having any information nowadays? Of course the solution is reading a book. Studying a book can help individuals out of this uncertainty Information mainly this You CAN Go the Distance! Marathon Training Guide: Advice, Plans & Motivation for All Runners book since this book offers you rich data and knowledge. Of course the data in this book hundred percent guarantees there is no doubt in it you may already know.

Johnnie Santiago:

The actual book You CAN Go the Distance! Marathon Training Guide: Advice, Plans & Motivation for All Runners has a lot info on it. So when you check out this book you can get a lot of profit. The book was authored by the very famous author. Tom makes some research prior to write this book. This particular book very easy to read you can find the point easily after reading this book.

Sandra Forester:

This You CAN Go the Distance! Marathon Training Guide: Advice, Plans & Motivation for All Runners is completely new way for you who has attention to look for some information mainly because it relief your hunger of information. Getting deeper you in it getting knowledge more you know otherwise you who still having tiny amount of digest in reading this You CAN Go the Distance! Marathon Training Guide: Advice, Plans & Motivation for All Runners can be the light food to suit your needs because the information inside this particular book is easy to get by simply anyone. These books develop itself in the form which is reachable by anyone, yep I mean in the e-book web form. People who think that in e-book form make them feel drowsy even dizzy this reserve is the answer. So there is no in reading a guide especially this one. You can find actually looking for. It should be here for an individual. So , don't miss that! Just read this e-book style for your better life as well as knowledge.

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