



Ipeaked: A Reluctant Runner s World (Paperback)

By Thomas Swasey

Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Ipeaked: A Reluctant Runner s World is about my 30+ years and over 30,000 miles of running. It s not your typical runner s book since my passion is more about quality of life than running. I am truly a reluctant runner who embraces and enjoys the benefits of the world of running rather than the act. So if you re starting to run or are a seasoned runner or bicyclist: meet my guardian angels, race and train with me, share my life with family and friends, and learn a few things about running (run walk method, paying forward, training schedule, how not to run a marathon and more), cross training (biking and swimming), first triathlon, beginning road biking, and runner gift suggestions. I have mastered the balance of being competitive while adhering to a ? don t hurt yourself? training regimen. It seems to have worked since I m still at college weight, my butt hasn t fallen off yet, and most of my family and friends are still talking to me.



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Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Ally Reichel

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- Prof. Kirk Cruickshank DDS

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