

Running High, Running Low, Running Long (Paperback)

Filesize: 1.04 MB

Reviews

Comprehensive guide! Its this type of very good read through. It is actually writter in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book. (Bernie Mante PhD)

RUNNING HIGH, RUNNING LOW, RUNNING LONG (PAPERBACK)



New Generation Publishing, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. An inspiring story of fatty to fitty and the power of the mind. Aged 30, Ben had a routine medical and was told he wouldn t see 40 unless he changed his lifestyle. An overweight, sedentary smoker, Ben had a young family and busy career with little time for anything else. 10 years later having completed many of the world's toughest ultra marathons including the Western States 100, the Ultra Trail of Mont Blanc and the Marathon Des Sables, he was hit with life-changing news when one of his daughters was diagnosed with Type 1 Diabetes. Ben decided to undertake his toughest challenge yet: to prove to her that anything was possible. One evening, departing from the bright lights of Monte Carlo he headed towards the mountainous terrain behind the Cote d Azur to run an unsupported 100km / 62.5 miles trail run. For most hardened ultra-marathon runners this would be a feat in itself, but for Ben he had something to prove: choosing to descend the rugged terrain he had already climbed and run the Cro Trail - a 130k / 81 mile mountain trail ultra race. A thrilling and yet down to earth account, detailing a young, working family man s journey to fitness - his love of nature and travel evolves - these stories can only inspire and motivate any reader.

Read Running High, Running Low, Running Long (Paperback) Online
Download PDF Running High, Running Low, Running Long (Paperback)

You May Also Like

33

Ξ	THE Key to My Children Series: Evan s Eyebrows Say Yes AUTHORHOUSE, United States, 2006. Paperback. Book Condition: New. 274 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.THE KEY TO MY CHILDREN SERIES: EVAN S EYEBROWS SAY YES is about Download ePub »
Ξ	From Kristallnacht to Israel: A Holocaust Survivor s Journey Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In the 1930s, as evil begins to envelope Europe, Karl Rothstein Download ePub »
Ξ	The Right Kind of Pride: A Chronicle of Character, Caregiving and Community Right Kind of Pride, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. After 20 years of marriage author Christopher Cudworth and his Download ePub »
	I Learn, I Speak: Basic Skills for Preschool Learners of English and Chinese Paraxus International, Inc., United States, 2012. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Please go to // and shapes for some high resolution sample Download ePub »
	The Well-Trained Mind: A Guide to Classical Education at Home (Hardback) WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand

New Book. The Well-Trained Mind will instruct you, step by step, on how to... Download ePub

