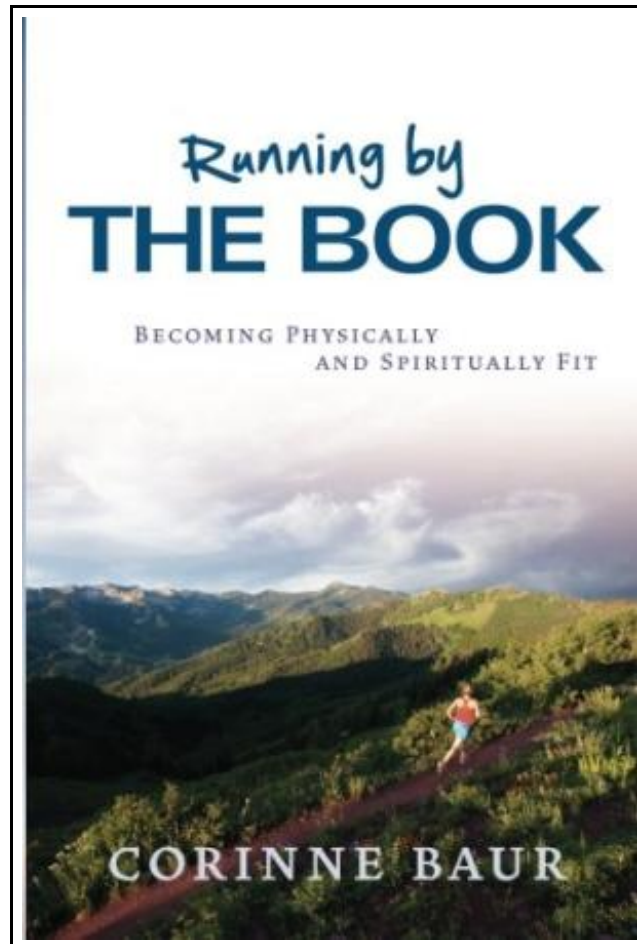


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Createspace, United States, 2011. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In this training guide for aspiring runners, Corinne Baur lays out a practical 12-week program to safely prepare for a 10K or half-marathon -- even for non-athletes. Running by THE BOOK weaves physical and spiritual growth together, ultimately inspiring running practices and a deeper relationship with God. The message is positive and empowering: it is possible to challenge ourselves to new distances in our physical bodies and our spiritual lives. Training advice, Scripture, and personal experience are combined into an easy-to-follow program, focusing on a specific aspect of endurance each week. Topics include: Discovering the relationship between the physical body and the spiritual journey Cultivating habits that sustain new levels of spiritual and physical growth Building core fitness Implementing spiritual and physical nutrition and disciplines Understanding the signs that indicate wellness or stress Pushing past the comfort zone to accomplish larger goals Through the Running by THE BOOK program, readers will not only accomplish a 10K or half-marathon, but a personal journey with lifetime effects and ultimately a deeper relationship with God. PRAISE FOR RUNNING BY THE BOOK: Running by The Book is a must-read for those who want to take their running and their spiritual life to a whole new level! This book uniquely combines a training program for a half marathon with a guide to growing closer to God in the process. -Jean Blackmer, author of MomSense Having completed multiple half marathons and marathons I am familiar with the ups and downs of the life of an amateur runner. I am adding this book to my list of needs for beginning runners: proper shoes, shorts, a watch, and Running by The Book. -Jeremy Thiessen, drummer for...



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