



# 10 Weeks To Skinny: Your Running To Lose Weight Step-by-Step Plan

*Priscilla Ford*

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## Who Else Wants To Be Slimmer, Stronger, Sexier, and Healthier In The Next 10 Weeks?

Any workout is better than not working out, but when it comes to stripping off the fat, you can't argue with running!

Running is considered one of the easiest and most convenient workouts, as you don't need training or equipment. However, runners, especially women, often wonder why they can't lose weight, despite running for miles day after day.

Well, this eBook contains everything you need to know to keep you from running in circles and not making any progress despite the worn out running shoes piling up in your closet.

This book will reveal:

- 18 Carefully Selected Recipes To Fuel Your Run And Help You Incinerate Fat Fast
- Free Easy-To-Follow And Printable Beginner, 5k, 10k And Half-Marathon Training Programs
- How To Injury-Proof Your Body From The Most Common (And Peskiest) Running Injuries
- Best Ways To Increase Endurance And Bounce Back Quicker From Your Running Workout
- And A Whole Lot More...

Imagine, just 10 weeks from now having a lean, toned body and being complimented on how great you look. Imagine enjoying the added benefits of higher energy levels (no matter what age) and knowing that you're getting healthier every day.

**Scroll up, click the "Buy" button now, and begin your journey to a slimmer, stronger, sexier and healthier you!**

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