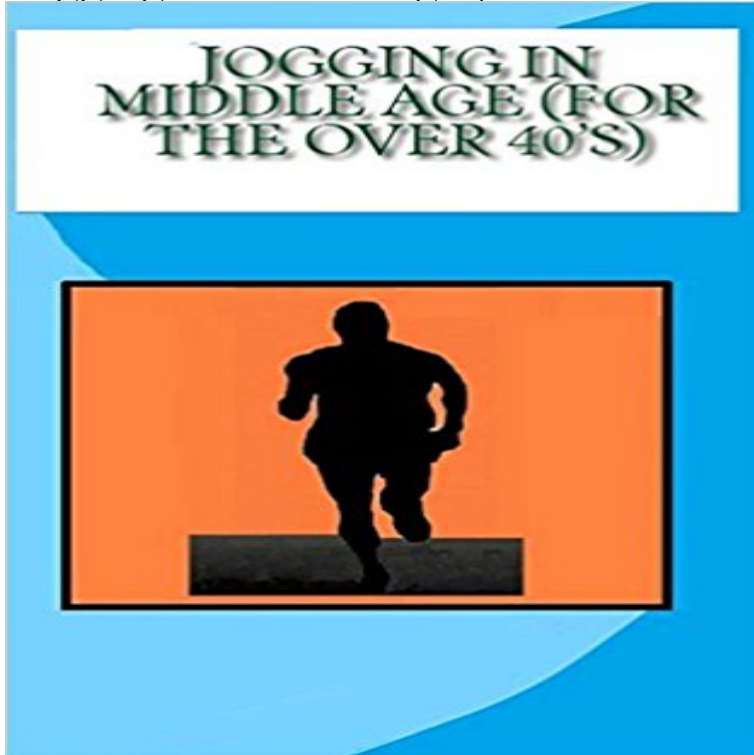


## Jogging In Middle Age (For The Over 40s)



This is a book for middle aged men (or women) like me. I am just an average Joe Bloggs who enjoys keeping fit by running. I am now 48 years old but used to do alot of sport in my youth. This is mainly a simple guideline book which goes into stretching exercises, fartlek running and health to help you begin to get fit again culminating in a 3K fun run if you feel up to it. It worked for me and I enjoy getting out and doing gentle jogs in the park. If you cannot run you can still walk fast with this simple books training schedules.

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