

# The Proven 13 Week Runwalk Program

Are you a beginner who wants to run a 5K? If so, then The Proven 13 Week Runwalk Program is the perfect program for you.

This program is designed for beginners who have never run before or who have not run in a long time. It is a gradual, easy-to-follow program that will help you reach your goal of running a 5K.



## The Beginning Runner's Handbook: The Proven 13-Week RunWalk Program by Lynn Mann

★★★★☆ 4.4 out of 5

Language : English  
File size : 1781 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 226 pages



## What is the Runwalk Program?

The Runwalk Program is a 13-week training program that combines running and walking.

The program starts with a mix of running and walking intervals. The intervals gradually get longer as you progress through the program.

By the end of the program, you will be able to run the entire 5K without stopping.

### **Who is the Runwalk Program for?**

The Runwalk Program is for beginners who want to run a 5K. It is a great program for people who are new to running or who have not run in a long time.

The program is also a good option for people who are overweight or obese. Running can be a great way to lose weight and improve your overall health.

### **What are the benefits of the Runwalk Program?**

There are many benefits to following the Runwalk Program. Some of the benefits include:

- You will be able to run a 5K without stopping.
- You will improve your cardiovascular health.
- You will lose weight and improve your body composition.
- You will increase your energy levels.
- You will reduce your stress levels.

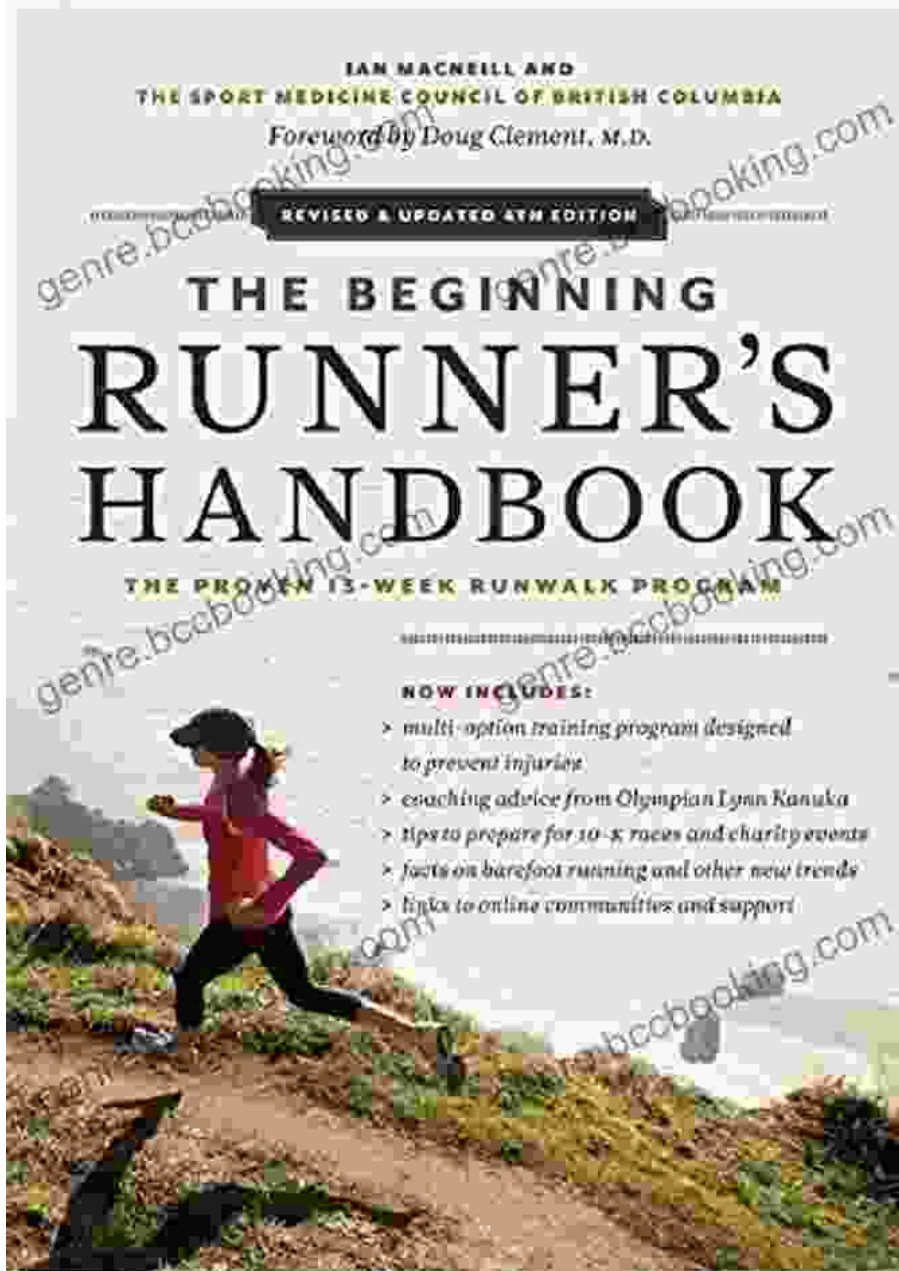
### **How do I get started with the Runwalk Program?**

To get started with the Runwalk Program, simply follow these steps:

1. Free Download the book, The Proven 13 Week Runwalk Program.
2. Read the book and follow the instructions.

3. Start running and walking according to the program.
4. Stick with the program and you will be running a 5K in 13 weeks.

**Free Download your copy of The Proven 13 Week Runwalk Program today!**





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