



# From Slouch to 10K: 10 simple ways to train for your first 10k

*Julie Creffield*

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## **From Slouch to 10K: 10 simple ways to train for your first 10k** Julie Creffield

This book is a straight to the point, no crap, easy to use 10K training guide to get you up and running (or run/walking) a 10K in just 10 weeks even if you have never done any running before. With 10 straight forward training sessions, a simple to follow nutrition plan and tricks and tips to maintain motivation, this book gives you all the support you could possibly need, bar running the thing for you.

Designed for those new or returning to running there is a focus on supporting athletes with a few extra pounds to lose and is written in a simple to follow way without the unnecessary running terminology or complicated pace/speed formulas of other training guides.

Who is the writer?

Author Julie "Fattymustrun" Creffield is behind the successful blog [www.thefatgirlsguidetorunning.com](http://www.thefatgirlsguidetorunning.com) where she supports overweight runners from all over the world to achieve their dreams. In her first published ebook she uses her 10 years of race experience to get you to the start line of her favourite race distance...and more importantly across the finishing line in one piece too.

What are people saying about the book

So I read the book and I signed up for the 10k. Yes, I'm training for a 10k. This book is a really easy read and has definitely motivated me to go for it. Worth the money for sure.

I have bought so many books to help me improve my jogging and try to get me motivated to tackle a 10k run, but this one was the first book that actually connected with people who are total beginners/improvers and need some inspiration from someone who has been there before and who wasn't a 'born athlete' but normal like most of us. Would definitely recommend it for beginners/improvers or someone that just needs that kickstart.

Wow a book that is actually written for the true first time runner, and by someone who acknowledges how hard it is for us larger women to get bitten by the running bug. Great advice, great tips. Looking forward to working out my plan and getting started on my goal of running a 10k. Thank you Julie

Is 10K too much right now? Then why not check out Julie's other best selling ebook "Getting Past the First 30 Seconds"

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### **From reader reviews:**

#### **Barbara Akins:**

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#### **Frances Barrett:**

A lot of people always spent their free time to vacation or perhaps go to the outside with them family or their friend. Do you realize? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you would like try to find a new activity here is look different you can read a new book. It is really fun for you. If you enjoy the book that you simply read you can spent all day long to reading a book. The book From Slouch to 10K: 10 simple ways to train for your first 10k it is extremely good to read. There are a lot of those who recommended this book. These folks were enjoying reading this book. If you did not have enough space to create this book you can buy the particular e-book. You can m0ore quickly to read this book from a smart phone. The price is not very costly but this book offers high quality.

#### **Karen Martinez:**

Playing with family in a very park, coming to see the sea world or hanging out with good friends is thing that usually you will have done when you have spare time, after that why you don't try matter that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love From Slouch to 10K: 10 simple ways to train for your first 10k, you may enjoy both. It is fine combination right, you still would like to miss it? What kind of hang type is it? Oh can happen its mind hangout men. What? Still don't have it, oh come on its known as reading friends.

#### **Henrietta Belcher:**

As we know that book is important thing to add our understanding for everything. By a guide we can know everything we wish. A book is a range of written, printed, illustrated or blank sheet. Every year ended up being exactly added. This reserve From Slouch to 10K: 10 simple ways to train for your first 10k was filled about science. Spend your time to add your knowledge about your research competence. Some people has diverse feel when they reading a new book. If you know how big benefit from a book, you can sense enjoy to read a guide. In the modern era like at this point, many ways to get book which you wanted.

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