

# Running Revolution: Transform Your Life with the Power of Running

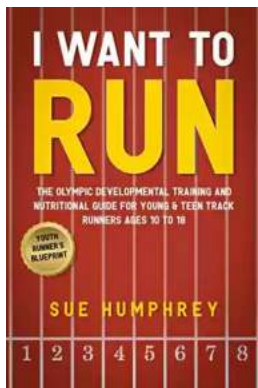


Are you tired of a sedentary lifestyle? Do you yearn for a transformation that not only benefits your physical health but also enhances your mental well-being? Look no further! In this comprehensive guide, we unravel the benefits and techniques of running – a simple yet incredible exercise that has the power to bring about a positive change in your life.

## Why Running?

Running is a form of exercise that humans have been engaging in since the dawn of our species. Our ancestors ran, not just for physical survival, but also as a means of communication, expression, and exploration. Today, running carries the

same importance; it is a symbol of freedom, a way to explore new territories, and most importantly, an opportunity to become the best version of yourself.



## I WANT TO RUN: The Olympic Developmental Training and Nutritional Guide For Young & Teen Track Runners Ages 10 To 18

by Sue Humphrey (Kindle Edition)

★★★★☆ 4.4 out of 5

Language : English  
File size : 3271 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 92 pages



### The Physical Benefits

Running is a full-body workout that engages your muscles, your cardiovascular system, and even your bones. Regular running:

- Strengthens your heart, reducing the risk of heart disease
- Improves your lung capacity, increasing oxygen intake
- Burns calories, aiding in weight loss
- Builds strong muscles, enhancing overall strength
- Promotes better bone density, reducing the chances of osteoporosis
- Boosts your immune system, improving overall health

Running has numerous physical benefits, making it an excellent exercise choice for people of all ages and fitness levels. Whether you're a beginner or an experienced fitness enthusiast, running offers something unique and valuable.

## **The Mental Benefits**

Running is not just about the physical workout – it provides incredible mental benefits too. When you embark on a run, you enter a meditative state where your mind clears, stress melts away, and endorphins flood your body, leading to an improved mood and increased happiness. Running:

- Reduces stress and anxiety, promoting mental well-being
- Boosts self-confidence and improves body image
- Enhances brain function and improves memory
- Offers a sense of accomplishment and empowerment
- Allows you to explore new environments, sparking curiosity

The mental benefits of running are invaluable, especially in a fast-paced world filled with constant stimulation and challenges. Running provides a retreat from the chaos, allowing you to reconnect with yourself and find inner peace.

## **Getting Started**

So, you're ready to embark on this life-changing journey? Fantastic! Here are some essential tips to get you started:

1. Invest in a good pair of running shoes to prevent injuries
2. Start with a slow, gradual increase in your running distance
3. Listen to your body - rest when needed and avoid overtraining

4. Find a running buddy or join a local running group to stay motivated
5. Follow a training plan that suits your fitness level and goals
6. Stay consistent and make running a part of your daily routine

Remember, consistency and patience are key when starting any new activity. With time, running will become a joyful habit rather than a daunting task.

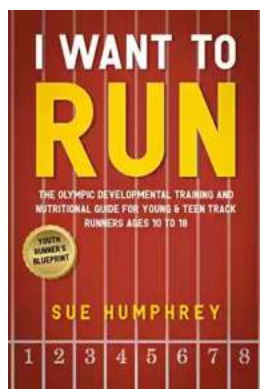


**“ "Success is not final, failure is not fatal: It is the courage to continue that counts." - Winston Churchill ”**

Running is more than just a form of exercise – it is a transformative journey that has the potential to revolutionize your life. Whether you aim to improve your physical health, boost your mental well-being, or simply experience the joys of exploring new places, running offers endless possibilities. So, lace up your shoes, step out into the world, and join the running revolution today!

Article written by: Your Name

Published on: [Date]



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“Sue Humphrey is someone I’ve known for over four decades. I have always admired her commitment to details and her patience while coaching a beginner or a world class athlete in the sport of track and field. Sue Humphrey’s ability to help individuals reach their full potential is a tremendous credit to her desire and passion towards teaching and coaching. Sue is a hidden jewel with a wealth of knowledge about running, jumping, and throwing. I was one of her students (Athlete). Sue’s ability to communicate and connect to young people on their level is the reason why this manual would be a great book to use as a reference and a guide to help the next generation of Olympic hopefuls to become Olympians.”

Jackie Joyner-Kersey, World Record Holder Heptathlon, Olympic Gold Medalist in the Long Jump & Heptathlon, considered the world's greatest

“Within one season of training with Sue, my attitude towards track and training was transformed. She is motivating and energizing and has taught me how to push through any workout. Not only is Sue an inspiring coach, but she truly cares about me off the track and is a mentor for me in life, always willing to provide advice or insight when I need it. With years of experience behind her, she is a natural coach and mentor--I would recommend her to anyone in search of a passionate and knowledgeable coach.”

Gabby Thomas, 2021 USA Olympian, 2-time Olympic Medalist, 3rd fastest woman in the 200-meters all time

# Do you want to be a star on your school track team?

Well, here's the perfect runner's blueprint for you, your coaches, and your parents!

You want to be on one of the athletic teams at school. What sport grabs your attention?

Track & field seems to be the most popular activity on campus and there are a lot of different events to try. You hurry to find the coach and sign up!

[I Want To Run: The Olympic Developmental Training and Nutritional Guide for Young & Teen Track Runners Ages 10 to 18](#) by Olympic Coach Sue Humphrey is the book for you.

Explaining all running, relays, and hurdles, Humphrey provides a general description and basic workout ideas for young athletes ages 10-18. Other vital sections include to get better "off the track" with nutrition ideas, how to warm up and warm down, and how important sleep is to an athlete.

Humphrey has over 50 years of coaching experience track and field with male and female athletes of all ages. She began her career working with elementary school and high school age girls in Phoenix, AZ. When Title IX became law, Arizona State University approached Humphrey about coaching their new women's program. After success at ASU, she went on to coach collegiately at California State University-Long Beach and The University of Texas at Austin.

Internationally, Humphrey represented the USA by leading the USA Women's Olympic Track & Field Team in 2004. In addition, she served on the 1992- and 1996-Women's USA Olympic Track & Field Team.

The beginner athlete/coach/parent will be introduced to all running events from the 100-meter dash through the 3200-meter run, the variety of the relays run in scholastic meets, and hurdles from the 80-meter race to the 400-meter event.

This youth runners' blueprint includes:

- Brief history of track as a sport and the Olympic Games
- Description of each event from the 100-meters through the 3200-meters
- What kind of future you can look forward to in the sport
- What opportunities you might have after a college career
- How nutrition plays a part in your success
- How sleep can make you a better runner
- Why you should be sure to warm up and warm down

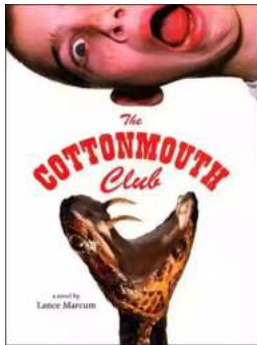
And so much more...

Don't lose another day! Order your training manual now by clicking the "Add To Cart" button and become one of the best runners around.



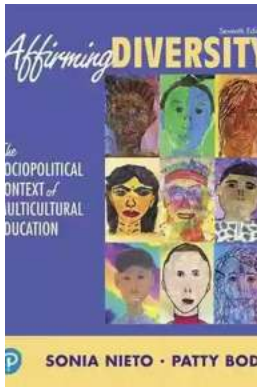
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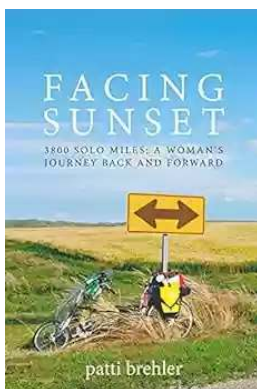
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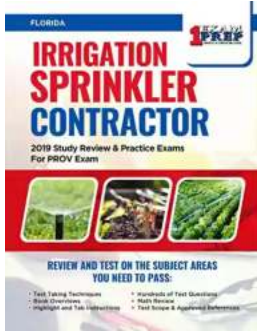
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