



The Run Fat Bitch Run Marathon Plan

By Ruth Field

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The marathon... A word to strike fear into the hearts of all weekend runners; a challenge like no other; a hell of a long way. And you've just signed up. Bugger. But never fear, you are not alone. The Grit Doctor is back with a vengeance and she's determined to whip you into shape. With the Run Fat Bitch Run Marathon Plan you'll...Find the **motivation** to transform yourself from casual jogger to elite (ish) athlete. Create simple **training** plans to help you increase distance, stamina and speed. Cook fuss-free, tasty food which will provide all the **nutrition** your aching body needs. 26 miles? **Bring It On**. Plus: race-day strategies, useful resources, fundraising tips and plenty of The Grit Doctor's trademark honesty, humour and tough-love.

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The Run Fat Bitch Run Marathon Plan By Ruth Field Bibliography

- Sales Rank: #135978 in Audible
- Published on: 2012-08-09
- Format: Unabridged
- Original language: English
- Running time: 142 minutes

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