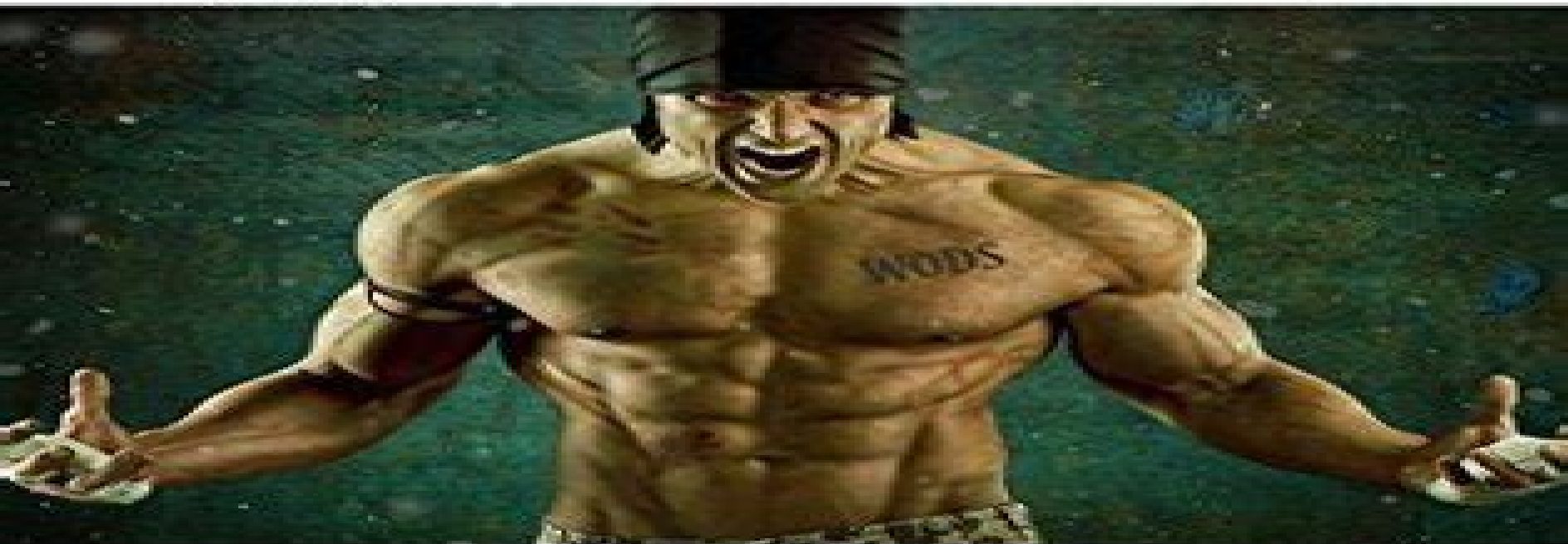


WOD'S: THE BEST CROSSFIT FOR BEGINNERS

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TOM CRAIG

Wods The Best Cross Training Wods For Beginners A Powerful Step

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based athletic lifestyle including Weight loss which often leads to increased speed Easier digestion and faster recovery after workouts Improved energy levels to help not only athletic performance but your daily life Reduced impact on the planet In this revised and updated edition you ll also find new recipes advice and an all new twelve week strength training plan designed to improve your overall fitness Section I of the book provides practical advice for transitioning to a plant based lifestyle while ensuring you are getting all the nutrition you need In Section II Matt delivers training manuals of his own design for runners of all ability levels and ambitions including tips for creating healthy habits improving performance and avoiding injuries No Meat Athlete is your road map to top notch performance the plant based way Matt Frazier presents the tools and information in a way that is downright approachable leaving his readers energized with a sense of possibility

Brendan Brazier Ultramarathon champion professional Ironman triathlete and author of Thrive Advanced Marathoning
Pete Pfitzinger, Scott Douglas, 2025-07-10 Written for serious runners by the duo behind the hugely successful first three editions Advanced Marathoning Fourth Edition is now in full color and includes the marathon training principles and training programs that thousands of marathon runners have used to set personal bests

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