



Couch to 10K: From Couch Potato to 10K Runner in 14 Weeks (Couch to Runner)

Matthew C. Lee

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From the best-selling author of "C25K: The Couch to 5K Beginner Running Program," this newly expanded version of the program is designed to turn the average couch potato into a 10K runner in just 14 weeks. Like the original C25K program, this 10K running plan eases you into running. It begins with a combination of running and walking that gets progressively more challenging. You'll run just three times a week for 14 weeks. At the end of the program you'll be able to run for 10 kilometers, or about 6 miles.

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