

# MEET YOUR RUNNING GOALS: HOW NOT TO HATE THE TREADMILL!



DEREK LALONDE

## Meet Running Goals Derek Lalonde

**Albert A Gayle**

## **Meet Running Goals Derek Lalonde:**

*Meet Your Running Goals* Derek LaLonde, 2015-12-10 Do you have a love hate relationship with the treadmill If so you're not alone You've got to love the convenience and you can sure get a great workout but they can be so damn boring Well treadmill training doesn't have to be an exercise in tolerance any longer A treadmill can be your secret weapon to achieving the next level in your running career or simply the key to finally burning off those stubborn calories and changing your life for good Many elements go into sticking to a training program in order to meet your goals and Derek shares his time tested treadmill setup and training strategies to show you how to pick the right goals in the first place and then set yourself in motion The environment you work out in and the stimulation for your mind while training your body are huge factors in your motivation to keep moving you forward towards your finish lines Derek shares all that he has learned and explains how he finally reconciled his love hate relationship with treadmills so that you can too Soon you will realize that the hunk of equipment acting as a laundry rack in your basement can actually be the ultimate training partner to help you progress to the new you

*The Sporting News*, 1977    **Pulp & Paper Magazine of Canada**, 1972    **Pulp and Paper Magazine of**

**Canada**, 1972    **Quill & Quire**, 1999    *Forthcoming Books* Rose Arny, 1997-04    **Run Derek! Run!** Derek Joseph Wakefield, 2012-12-12 My name is Derek I used to feel like I was just another person in the world Living life day by day following my routine and letting fate take me where I was supposed to go I decided to change that by running I would be the one making my own path and challenging myself with new goals and new adventures I started feeling much better and gained a lot of confidence so I set the goal of running 25 races in 2012 and writing a book about my experiences Each chapter describes how I was feeling some of the events and how my attitude changed throughout the year I used to be shy and unsure of myself about running and going through my daily routine Now I get out and take on the world I'm the guy you'll find running next to you encouraging you to keep going singing doing back flips and getting the crowd riled up The book mentions 15 stories about my struggles and triumphs summing everything up in the final chapter Running is how I began to find confidence and motivation This book was written to help you find your passion in life and push you to live the best life you can

*101 Reasons to Love Running* Tyler Moore, 2015-12-07 This book summarizes 101 reasons why we love running so much I hope this book serves as extra inspiration and motivation to meet and exceed running and racing goals For beginner runners or people that don't run as often as they should maybe these reasons can be a wake up call to be more active

**Teach Yourself**, 2010 Get into Running will motivate and inspire you to achieve your running goals

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