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The first section of the 12-Week Fitness Essentials program consists of a series of video training manuals that break down all of the exercises in the program with easy to follow instructions. By providing a detailed step-by-step explanation of each exercise, the video training manual guide prevents injury and makes performing each exercise effortless.

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THE 12 WEEK HALF-MARATHON GUIDE Key to the guides. Rest: Take it easy on these days. It's all about listening to your body. If you want to do a mixed training on these days because you feel good, that's up to you of course, however it's better to stretch and do an activity like yoga or Pilates on these days or simply nothing at all.

12-Week Beginner to Advanced Training Program

We've teamed up with Brooks and expert PT Graeme Hilditch of GH Training to put together a training plan aimed at new runners looking to build towards their first 5K race.. The key thing to remember when following a training plan is to use it very much as a guide; never feel compelled to follow it word for word and session for session.

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You have two main goals during the first four weeks of this 12 week marathon training schedule: Build your running base in order to handle the future weeks of increased weekly mileage and higher mileage long runs. Strengthen your muscles through hill workouts to get you ready for speed workouts that will be coming in the following weeks. Building your running base during the first four weeks:

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Every detail of your diet and training for the next 12 weeks will be laid out for you. You will be told exactly what to eat, how

much cardio to do, and how to weight train. The goal is simple: lose fat, maintain muscle mass, get in shape and transform your physique as much as possible over the next 3 months.

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The Physical Training (PT) Guide Contains: A nutritional guide to maintain a healthy diet while focusing on your Army workout plan. Standardized Warm-up and Cool-down Exercise Drills.

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This 12 week training guide is just that, a guide, so feel free to be a little flexible with it and make it work for you. Mix up days and runs when you need to, and if you miss a session you can make it up. The real aim is to be consistent with your training, and the overall details won't matter as much. Training days explained

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Workouts. My BBG workout guide has helped millions of women to become fitter, stronger and more confident! The guide includes 12 weeks of workouts that gradually become harder as your fitness improves. Get a complete workout in just 28 minutes, with my guides showing you how to maximise your time and get results!

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This training program will build on your running endurance and get you ready to race in 12 weeks. Remember, everyone is an individual and your base level of fitness may vary. If you find some of the early runs in this guide a little challenging, consider completing the half marathon training program first to give yourself a strong base to work ...

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