



# You CAN Go the Distance! Marathon Training Guide: Advice, Plans & Motivation for All Runners

*Bruce Van Horn*

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## **You CAN Go the Distance! Marathon Training Guide: Advice, Plans & Motivation for All Runners**

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**If you've ever thought about running a marathon, this book is for You!**

If you think you can't run a marathon, Bruce Van Horn will show you that you CAN go the distance!

If you have "Run a Marathon" on your Bucket List, this is the book you want to read first! With the information and motivation you'll receive, you will be able to say "I ran a Marathon!"

*"Bruce, I love the chapter! I feel honored that you would include Yasso 800s in your book!"* —Bart Yasso, CRO, Runner's World

*"Bruce Van Horn understands the new world of engagement better than anyone I know. He is constantly uplifting and coaching others. He is always available, helping others get over their plateaus, and move to the next level. Bruce will help take "can't" out of your vocabulary and replace it with "CAN." He constantly puts out value into the world which makes the world a much better place."*—JB Glossinger, CEO & Founder — MorningCoach.com & Alive Foundation

**You CAN Go the Distance! is much more than just a marathon training guide.**

Inside every chapter, Bruce Van Horn, coaches you with training techniques from years of experience and infuses them with his own brand of motivation and inspiration which, literally, hundreds of thousands of people have come to love him for.

Most people never even attempt a marathon because they are convinced they cannot possibly run 26.2 miles. What they forget is that every world-class runner started at the same place. Perhaps the hardest part about running a marathon is making the decision to actually try it!

This book gives you the confidence, motivation and inspiration you need, along with rock-solid marathon training advice and convinces you to take the word "Can't" out of your vocabulary and replace it with the word "CAN!"

Bruce Van Horn has the heart of a true coach. He loves to see others break through their fears and self-doubt to reach new goals. He is passionate, as you'll soon learn, about your success.

This is also not JUST a book!

**www.YouCanGoTheDistance.com** is a website built as an on-line community for readers to come and ask questions, get more advice, and share their success stories. Get the book and come join the community!

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#### **Mary West:**

Have you spare time for the day? What do you do when you have more or little spare time? Yep, you can choose the suitable activity regarding spend your time. Any person spent their own spare time to take a move, shopping, or went to the particular Mall. How about open or maybe read a book titled You CAN Go the Distance! Marathon Training Guide: Advice, Plans & Motivation for All Runners? Maybe it is to be best activity for you. You realize beside you can spend your time along with your favorite's book, you can more intelligent than before. Do you agree with its opinion or you have other opinion?

#### **Beth Murray:**

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