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WANT TO START RUNNING?  
MAYBE YOU RUN ALREADY,  
BUT DON'T ACTUALLY ENJOY  
IT. HERE'S OUR GUIDE TO THE  
PERFECT RUNNING START

# Cool running

Want to start? Maybe you run already but don't actually enjoy it. Or just maybe you love it so much that you want to inspire others with your very own jog-blog. Well, dear readers, whatever your running-based desires, the following six pages will meet them. First up, we have exclusive interviews with world-class *MH* heroes Darren Campbell and Amir Khan on how they stay motivated. Then we've got easy-to-follow training tips from running coach Steve Barrett alongside the best trainers to suit you. And finally we unveil the brand spanking new website – [www.inspiredtorun.co.uk](http://www.inspiredtorun.co.uk) – at which you can exchange inspiring running stories, get advice and win Reebok running gear. Go on the B of BANG!