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YOUR STORY
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HE WEARS: T-SHIRT, TROUSERS AND PREMIER TRINITY KFS TRAINERS, ALL REEBOK (0000 305050). SHE WEARS: REEBOK RACE FOR LIFE 2006 "I LOVE LIFE" VEST IN PINK GLAZE, SHORTS AND REEBOK RACE FOR LIFE 2006 PREMIER ROAD PLUS III TRAINERS, ALL REEBOK (0000 305050)

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 – at which you can exchange inspiring running stories, get advice and win Reebok running gear. Go on the B of BANG!