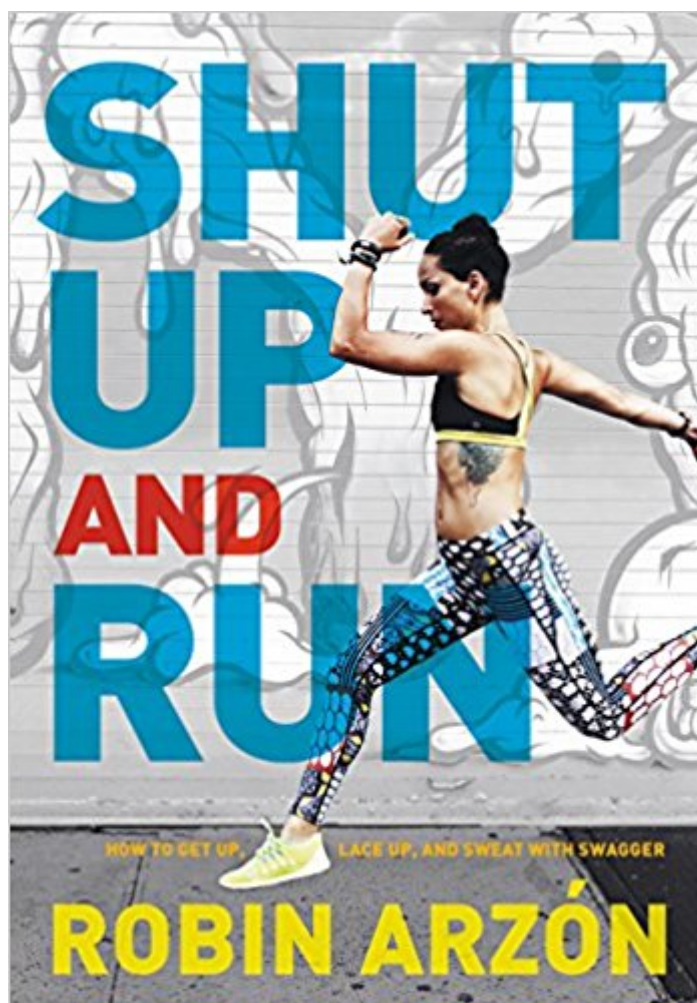


The book was found

Shut Up And Run: How To Get Up, Lace Up, And Sweat With Swagger



Synopsis

An ultra marathoner and running coach captures the energy and joy of running in this illustrated, full-color motivational interactive fitness guide and journal that will inspire every type of runner—from beginner to experienced marathoner—to shut up and run. Running isn't just an activity, it's a lifestyle that connects runners with the world around them, whether they're pounding the pavement of crowded big city streets or traversing trails through quiet woods and fields. Reflecting the excitement, color, and focus of the running experience, Shut Up and Run offers tips, tricks, and visual motivation to help every runner cultivate miles of sweat, laughter, swagger, and friendship. Combining a fitness manual, training program, and self-help advice book in one, this gorgeous, four-color book is filled with anecdotes and stunning action imagery, and supported by graphic inspirational quotes—it contains essential training tips for every level, including meditation and visualization techniques, that address a runner's body and mind. Robin Arzon offers unique style tips and practical gear recommendations to help you show off your best stuff mile after mile, and tells you everything you need to know, from how to pick the best running shoes to how to get off that sofa and go. No detail is left to chance; Shut Up and Run is loaded with information on every aspect of the runner's world, from gear and music to training for a half marathon and post-race recovery tips. Robin includes space at the end of each chapter to track your progress as you build up to your first marathon or other running goals. Designed to help readers find the information quickly and easily, loaded with practical advice, style, and attitude, this practical guide is written by a runner for runners—it makes it clear that to succeed, all you need to do is shut up and run!

Book Information

Flexibound: 192 pages

Publisher: Harper Design (June 21, 2016)

Language: English

ISBN-10: 0062445685

ISBN-13: 978-0062445681

Product Dimensions: 6 x 1 x 8 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 61 customer reviews

Best Sellers Rank: #63,918 in Books (See Top 100 in Books) #87 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging #312 in Books > Sports & Outdoors >

Customer Reviews

“Inclusive, highly relatable, and downright fun, it’s the running primer we’ve all been waiting for.” (Rich Roll, bestselling author of Finding Ultra)

“Shut Up and Run will inspire and connect with anyone and everyone who reads it. Through Robin’s unique perspective, she will motivate you to find the time for yourself and to put away any excuses holding you back.” (Kara Goucher, American long-distance runner and Olympic medal winner)

“If realness had a queen her name would be Robin. She’s raw. She’s fierce. She runs the world (literally). And she wants us all to lace up and join her in the streets.” (Shauna Harrison, PHD, yoga instructor)

“It’s [SHUT UP AND RUN] like a 200-page invitation to put on your sneakers and follow her in living an endorphin-filled existence, where the next finish line is always within reach (if you just push).” (Well+Good.com)

“Ultra-marathoner Robin Arzon shares her wisdom for racing abroad from her upcoming book.” (Fitnessmagazine.com)

“Empowering fitness personality Robin Arzon rewrote the script of her life to overcome challenges and inspire others.” (Competitor Magazine)

I have been one of Robin’s fitness clients for almost a year now. Funny thing is that she has NO IDEA who I am, nor have we ever met, even though I am a public figure. How is this possible you say? I ride with her nearly everyday in my home studio via Peleton live streaming.

The best thing since gluten-free sliced bread! Robin is an interesting character. She is absolutely brilliant but often hides it behind tough street language and culture. Why? Because I believe her master plan is to rule the fitness world one day, and she knows that she has something different to offer. She is a former attorney who 1) Left her lucrative career to pursue fitness full time 2) Survived a hostage crisis in NYC 3) Lives with Type 1 Diabetes 4) Runs 100 mile marathons after teaching 3 spin classes in a day and 5) Has the worst curse language you have ever heard. It’s so bad, Merriam Webster is effin rolling in his grave. BUT TRUST ME . . . IT ALL WORKS! Her brand of motivation is fantastic and unlike any other fitness professional out there. She is raw, powerful and unapologetic like a Marine Boot Camp instructor in a Hip Hop World War. She even has us do things in class like take oaths to promise we will “Never Be a Basic B*tch,” And to top it all off, she looks a lot like Jennifer Lopez, though I doubt she would ever admit to that. I am a full-time novelist, which means I get paid to sit on my rump all day, so fitness is

essential to my well-being. I have never run before so this book was perfect for me. The tips, pictures and motivational quotes are enjoyable. A perfect summer read. I am ready to try it and if anyone can get my mutha-effin sweet ass moving, it's Robin Arzon.

Inspirational, fun, and informative. Ever since I did my half marathon back in January I've gotten into a slump and this book has brought my motivation back. Her story is inspirational and I completely enjoyed this book.

Bought this after hearing Robin on the Rich Roll podcast. I like the "cut to the chase" style this was written in. No excuses, No BS just get out there and be epic! Adversity occurs, go through it! As someone who started running after having brain surgery this really resonated with me!

Love this book! Author is to the point! Fun and motivational read! Recommended!

I absolutely adore Robin's spirit, energy, and potty mouth! She gives me serious motivation to get off my butt and do something "epic."

I'm not a marathon runner, which this book is geared for. But it has a lot of good information for the avid runner. What an impressive story. Well written and interesting. Wish it had a bit more for treadmill running techniques, but overall a wonderful book.

I LOVED IT!! This book is very motivating and it has useful information for new and more experienced runners. I will re-read it and use it as a reference book for my training. I love Robin's strength and style. Charming girl!!

This book was an easy and fun read. Nothing really new in here and, if you follow her on Instagram you are already pretty familiar with "sweat with swagger" and "do epic sh***". I would still recommend it.

[Download to continue reading...](#)

Shut Up and Run: How to Get Up, Lace Up, and Sweat with Swagger
Sniper's Honor: A Bob Lee Swagger Novel (Bob Lee Swagger Novels Book 9)
Needle-Made Laces and Net Embroideries: Reticella Work, Carrickmacross Lace, Princess Lace and Other Traditional Techniques (Dover Knitting, Crochet, Tatting, Lace)
Don't Sweat the Small Stuff . . . and It's All Small Stuff: Simple

Ways to Keep the Little Things from Taking Over Your Life (Don't Sweat the Small Stuff Series)
Don't Sweat the Small Stuff for Teens: Simple Ways to Keep Your Cool in Stressful Times (Don't Sweat the Small Stuff Series) Runner's World Run Less, Run Faster: Become a Faster, Stronger Runner with the Revolutionary 3-Run-a-Week Training Program Super Mario Run:Diary of Super Mario: Super Run for coins! (Unofficial Super Mario Run Book) Mosaic & Lace Knits: 20 Innovative Patterns Combining Slip-Stitch Colorwork and Lace Techniques LACE & TATTING: 1-2-3 Quick Beginners Guide to Lace and Tatting (Crocheting, Cross-Stitching, Embroidery, Knitting, Needlepoint) Refined Knits: Sophisticated Lace, Cable, and Aran Lace Knitwear The Art of Bobbin Lace: A Practical Text Book of Workmanship in Antique and Modern Lace Crochet Lace Innovations: 20 Dazzling Designs in Broomstick, Hairpin, Tunisian, and Exploded Lace The Priscilla Battenberg and Point Lace Book: A Collection of Lace Stitches with Working Directions for Braid Laces Lace One-Skein Wonders™: 101 Projects Celebrating the Possibilities of Lace Red Lace, Yellow Lace Ada Lace Sees Red (An Ada Lace Adventure) Ada Lace, on the Case (An Ada Lace Adventure) Loop-d-Loop Lace: More Than 30 Novel Lace Designs for Knitters Lace & Tatting: 1-2-3 Quick Beginner's Guide to Lace & Tatting Priscilla Armenian Lace c.1923 - Rare Needle Lace Techniques

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)