

The Running Manual

Congratulations and thanks for getting your copy of our resource report. Inside, we share our top tools and sites so you can get results faster.

Keep in mind, you could have all the greatest tools and resources in the world, but if you don't take action on it, you won't see results. Be sure to most of the resources provided here.

With that said, here are our top tools and resources we recommend.

1. RunnersWorld.com

Almost everything running! You'll find news, articles, events, tips, shoes, training, nutrition, and more. They even have a forum!

2. RunningHeroes.com

A must for any runner! Running Heroes is a social networking enabled platform that connects up with many running devices. It rewards you for running!

3. 25 GOLDEN RULES

A must-read for any beginner runner! ...see included shortcut URL

4. Meetup.com

The place to go to find groups around almost any hobby. In this case, running!

Simply search for "running" and you'll find a list of groups around your area or nearby.

5. RunningNetwork.com

Running events and news.

6. RichRoll.com

Rich Roll has his own podcast and talks about life, food choices, motivation and running.

7. NoMeatAthlete.com

This blog is focused around a “no meat” diet for athletes.

8. Training Plans

Get access to plans based on your level and goals!
...see included shortcut URL.

9. MapMyRun.com

Map out your run without GPS.

10. 50 Running Resources

...for Speed, Strength and Nutrition ...see included
shortcut URL.