



# See Mom Run: Every Mother's Guide to Getting Fit and Running Her First 5K

*Megan Searfoss*

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Finally--5K training plans tailored just for moms!

Whether you're looking for a convenient way to lose lingering baby weight or just want to get in shape to keep up with your kids, *See Mom Run* will help you achieve all of your fitness goals. Running strengthens your physical body and empowers the mind, a one-two punch to get you through the overloaded days of motherhood. Run Like a Mother 5K founder (and busy mother of three) Megan Searfoss shows you how to take those first steps toward the healthy habit of running, with the goal of completing a 5K race. She teaches you running basics, plus how to eat healthy, strength train, and choose your gear--all in a time-saving, cost-effective way. She will help you assess your fitness level and choose a realistic, week-by-week training plan that you can squeeze in before daycare or school; during lunch dates; or after dinner, when the rest of the family is settled in for the night. As your fitness progresses, her programs safely challenge you to move from walking to intervals of walking and running to running continuously. At any speed, *See Mom Run* will help you cross the finish line and continue running for your life.

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