



**FIONA BRATTLE**





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MCT  
MODELS





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THE UK'S FIRST RUNNING MAGAZINE JUST FOR WOMEN

# women'srunning

WWW.WOMENSRUNNINGUK.CO.UK IT'S YOUR TIME!

## LOSE WEIGHT NOW!

**ONE PLAN TO BURN MORE FAT**

### YOUR HALF MARATHON GUIDE

- ✓ Pick your own plan
- ✓ Injury-free mileage
- ✓ 12-week schedules
- ✓ Run your perfect race

**GET FIT WITH INTERVAL TRAINING**  
WHY IT REALLY WORKS

**RUN YOUR NEXT PB!**  
TEN BEST FLAT RACES

**REAL-LIFE**  
'Running helped me lose five stone'

**LEARN TO LOVE LONG RUNS**  
Relight your running passion

**EAT THIS, NOT THAT**  
15 easy ways to save 400 cals

**STAYING YOUNG**  
'I'm 71 and run marathons'  
One inspirational woman's story

**FOOD ALERT!**  
SPICES TO BOOST RECOVERY




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