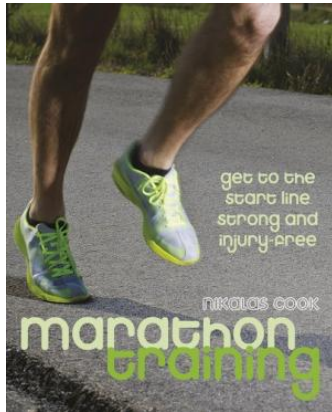


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MARATHON TRAINING



Robert Hale Ltd. Hardcover. Book Condition: New. Hardcover. 144 pages. Dimensions: 8.6in. x 7.2in. x 0.9in. An experienced personal trainer describes how to go from non-running to marathon success in 28 weeks. Every year, thousands of people are inspired to don their running shoes and take on the challenge of a marathon. On the road to the finish line, though, many marathon hopefuls fall by the wayside, struck down by injury. Plans that are too running-intensive or that don't prepare the body for...

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- Authored by Nikalas Cook
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Reviews

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

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Comprehensive guide! Its this type of very good read through. It is actually written in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

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