

Hansons Marathon Method: A Renegade Path To Your Fastest Marathon - Humphrey Luke

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In Hansons Marathon Method, the coaches of the Hansons-Brooks Distance Project reveal their training approach. Author: Humphrey Luke Publisher: VeloPress Illustration: N Language: ENG Title: Hansons Marathon Method: A Renegade Path to Your Fastest Marathon Pages: 00256 (Encrypted EPUB) On Sale: 2012-11-27 SKU-13/ISBN: 9781934030851 Category: Sports & Recreation : Running & Jogging

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