

Marathon Running: From Beginner To Elite, Fourth Edition

- Richard Nerurkar

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Intended for everyone from the complete beginner enchanted by the challenge of the London Marathon, to the experienced runner wishing to improve on racing strategy this book gives information on: structuring an effective build-up; training harder without doing too much; improving your pace judgement and producing your best on race day. Author: Nerurkar, Richard Publisher: Bloomsbury Sport Illustration: N Language: ENG Title: Marathon Running: From Beginner to Elite, Fourth Edition Pages: 00175 (Encrypted PDF) On Sale: 2012-09-27 SKU-13/ISBN: 9780713653519 Category: Sports & Recreation : General

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