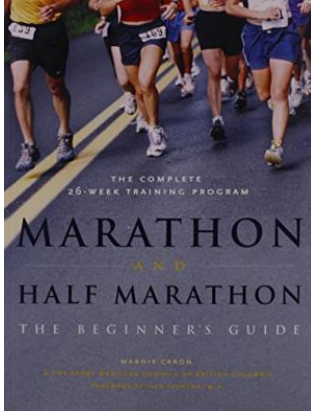


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MARATHON AND HALF MARATHON: THE BEGINNER'S GUIDE



Greystone Books,Canada. Paperback / softback. Book Condition: new. BRAND NEW, Marathon and Half Marathon: The Beginner's Guide, Marnie Caron, The Sport Medicine Council of British Columbia, Jack Taunton, Over 20 million Americans run recreationally, but doing it right is more than a matter of buying an expensive pair of shoes and heading for the track. Building on the popularity of "The Beginning Runner's Handbook, " this practical, easy-to-use guide provides a step-by-step program for running a half or full marathon...

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- Authored by Marnie Caron, The Sport Medicine Council of British Columbia, Jack Taunton
- Released at -



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Reviews

This book is really gripping and interesting. Better then never, though i am quite late in start reading this one. Its been developed in an exceedingly easy way which is only right after i finished reading this ebook where basically modified me, alter the way i really believe.

-- **Cleveland Dibbert**

Very beneficial to all group of people. I am quite late in start reading this one, but better then never. You will not really feel monotony at at any time of the time (that's what catalogs are for relating to in the event you request me).

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