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THE BEGINNING RUNNER'S HANDBOOK: THE PROVEN 13-WEEK RUNWALK PROGRAM (4TH REVISED EDITION)



Greystone Books, Canada. Paperback. Book Condition: new. BRAND NEW, The Beginning Runner's Handbook: The Proven 13-Week Run Walk Program (4th Revised edition), Ian MacNeill, SportMed BC, Doug Clements, This easy-to-use, practical guide helps runners safely build strength and endurance, get motivated and set realistic goals, choose the proper footwear and clothing, eat right, and avoid injury. Completely updated, this fourth edition contains a wealth of new material. A revised RunWalk program gives runners a choice between running 10K or covering the distance...

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- Authored by Ian MacNeill, SportMed BC, Doug Clements
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