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YOUR 12-WEEK GUIDE TO RUNNING



IMM Lifestyle Books. Paperback. Book Condition: new. BRAND NEW, Your 12-week Guide to Running, Paul Cowcher, Daniel Ford, Your 12-week Guide to Running offers an achievable step-by-step guide to help get an unfit person to a definable goal - running a 5km race in 12 weeks. The book outlines how to get started, what's needed and how to make that first step. Then using the week-by-week guide the reader works towards the target goal in very gradual steps with a...

Read PDF Your 12-week Guide to Running

- Authored by Paul Cowcher, Daniel Ford
- Released at -



Filesize: 2.1 MB

Reviews

Very useful to any or all group of folks. It really is rally interesting through reading through period of time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Mrs. Dorris Wintheiser**

A must buy book if you need to adding benefit. It is actually writer in basic phrases and never difficult to understand. I found out this book from my dad and i advised this publication to find out.

-- **Miss Camila Schuppe III**

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