



The Runner's Handbook : The Bestselling Classic Fitness Guide for Beginning and Intermediate Runners (2nd rev Edition)

Bob Glover, Jack Shepherd, Shelly-lynn Florence Glover

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If you're a runner, or would like to be one, The Runner's Handbook will answer all your questions. Fitness expert Bob Glover-who has trained thousands of runners-shows you how to devise a training program and keep at the top of your form.

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