



## The Complete Practical Encyclopedia of Running

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By Elizabeth Hufton

Anness Publishing Feb 2016, 2016. Taschenbuch. Book Condition: Neu. 222x170x18 mm. Neuware - The ultimate running bible, with comprehensive training advice for distances from 5K and 10K to marathons, as well as triathlons, cross-country, ultrarunning and adventure racing. Includes progressive walk/run routines, warm-up exercises and troubleshooting. 256 pp. Englisch.



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