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FULL-BODY FITNESS FOR RUNNERS



RunnerDude's Fitness, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.(Black White Edition) Runner's World Chief Running Officer Bart Yasso, says Thad [McLaurin] banded together with some of most knowledgeable people in the running industry to pull together the informative Full-Body Fitness for Runners. Everything from fuel, stretching, running form, and workouts to keep you fit for life. In Full-Body Fitness for Runners, running coach...

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- Authored by Thad McLaurin
- Released at 2014



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