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(Patience Bechtelar)

STRENGTH TRAINING FOR RUNNERS: THE BEST FORMS OF WEIGHT TRAINING FOR RUNNERS (PAPERBACK)



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Speedy Publishing Books, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Strength Training For Runners is a text written by an author that has more than a vested interest in the welfare of runners. He is a runner himself and is aware of what it takes to keep the body in shape and to prevent any sort of damage to.

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