



Great Marathon Running

By Tim Rogers

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Great Marathon Running, Tim Rogers, Great Marathon Running is a short, simple and to-the-point guide to how to train for and successfully complete a marathon. Whatever the aim - whether to be quick, raise money or just finish - in just 96 pages readers will discover the essential training points and how to go from complete starter to marathon runner in just a few months. Ideal for the busy, the time-pressured or the merely curious, Great Marathon Running is a quick, no-effort solution for those who've always toyed with the idea, but now want to find out more about it. GET THE BEST TRAINING PLAN EAT RIGHT OVERCOME INJURY IMPROVE YOUR TIME STAY MOTIVATED ACHIEVE YOUR GOALS.

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