

Great Marathon Running: Flash (Paperback)

By Tim Rogers

Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. 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 PLANEAT RIGHTOVERCOME INJURYIMPROVE YOUR TIMESTAY MOTIVATEDACHIEVE YOUR GOALS.



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