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RUNNER S WORLD COMPLETE BOOK OF RUNNING: EVERYTHING YOU NEED TO RUN FOR WEIGHT LOSS, FITNESS, AND COMPETITION



Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English. Brand New. Run faster, run smarter with the latest advice from the pros at runner s world. The sport of running is ever changing, be it the shoes we wear or the goals we set, the training methods we use or the role models we emulate. But there is one constant: For 40 years, Runners World magazine has been recognized...

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- Authored by Amby Burfoot
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