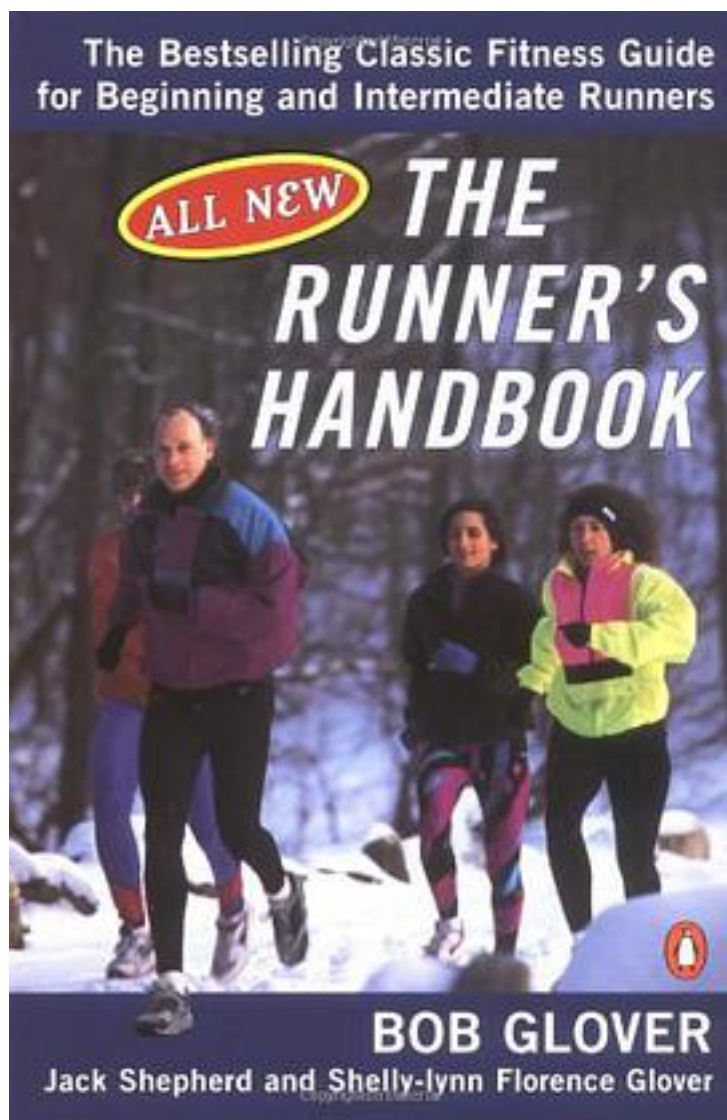


# The Runner's Handbook



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著者:Glover, Bob/ Shepherd, Jack/ Glover, Shelly-Lynn Florence

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The authors write about such topics as how to begin a running program, how to train to become competitive, how to run in races, and what is the proper health and nutrition for runners.

作者介绍:

目录:

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标签

运动

英文原版

生活

评论

据说1970s年代的跑者就已经在读这本圣典了。我手头的是祖传的，早就发黄要散架了。

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书评

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