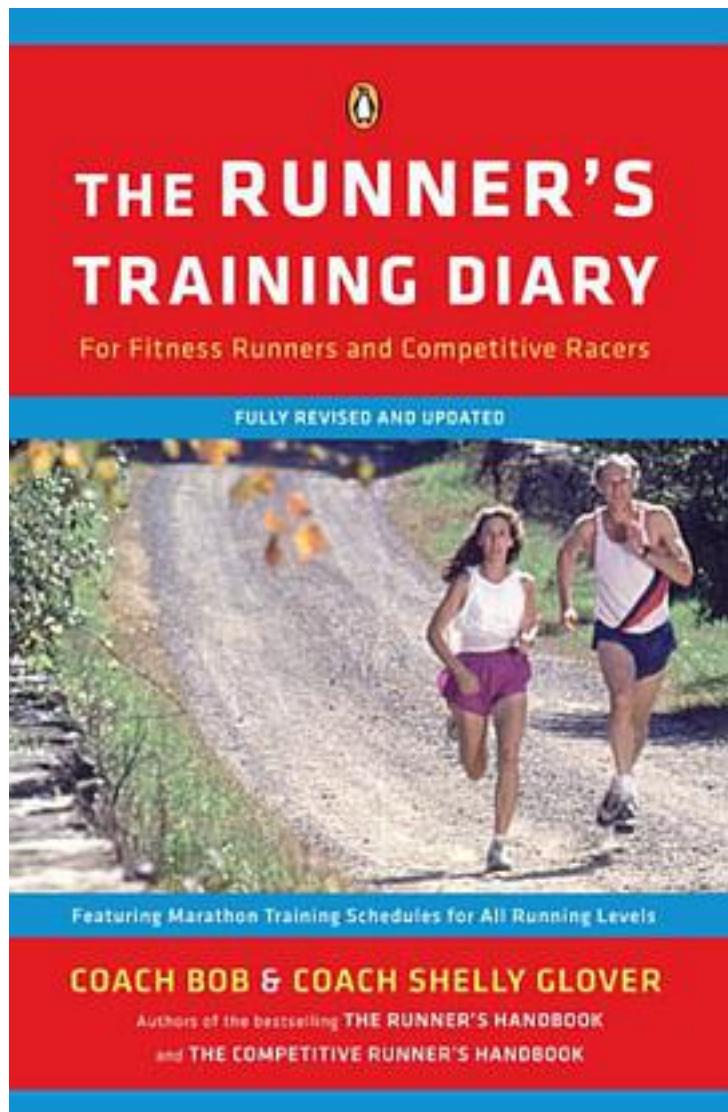


The Runner's Training Diary



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Now in a completely revised second edition, with more essential charts and training schedules than any other runner's diary

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