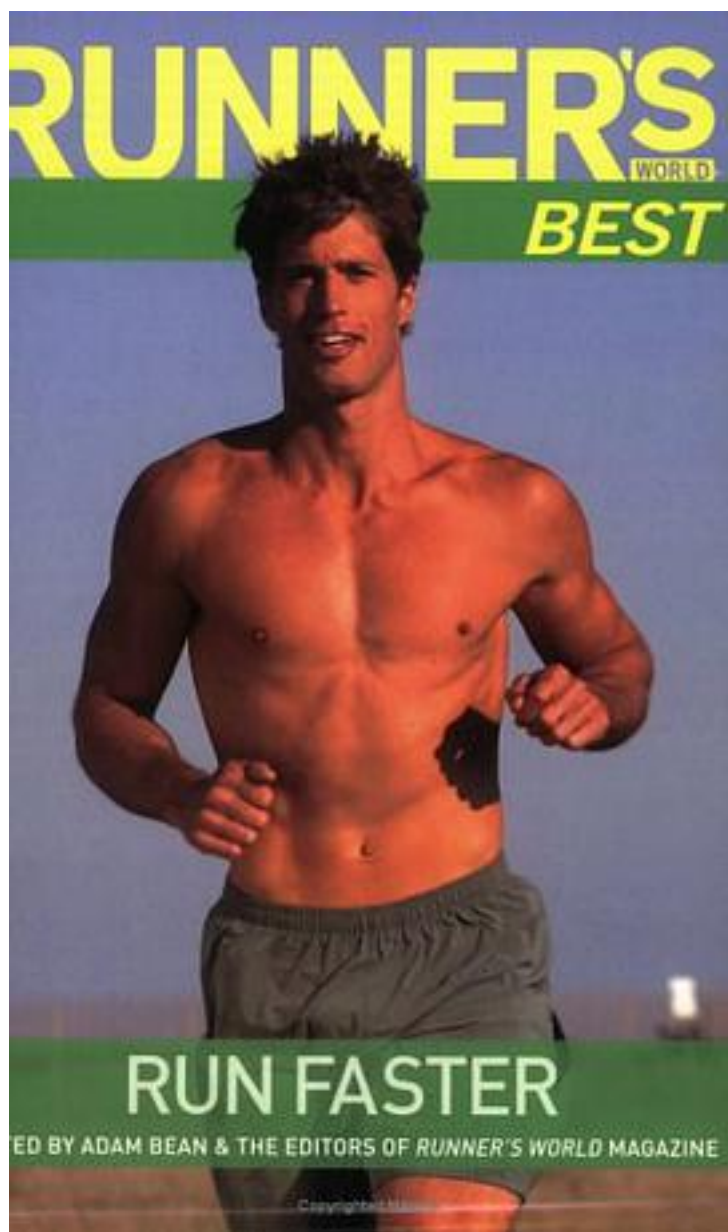


Runner's World Best



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出版者:St Martins Pr

出版时间:2006-5

装帧:Pap

isbn:9781594863738

In "Run Faster," readers learn how to achieve faster times with f exclusive tips from the editors of "Runner's World." Complete with full-color photographs that illustrate proper running technique and equipment, "Run Faster" is packed with a variety of speed-intensive drills. The book also provides strategies for complementing running with flexibility, strength training, core conditioning, and cross-training routines, while helping runners set realistic goals for going further and faster.

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