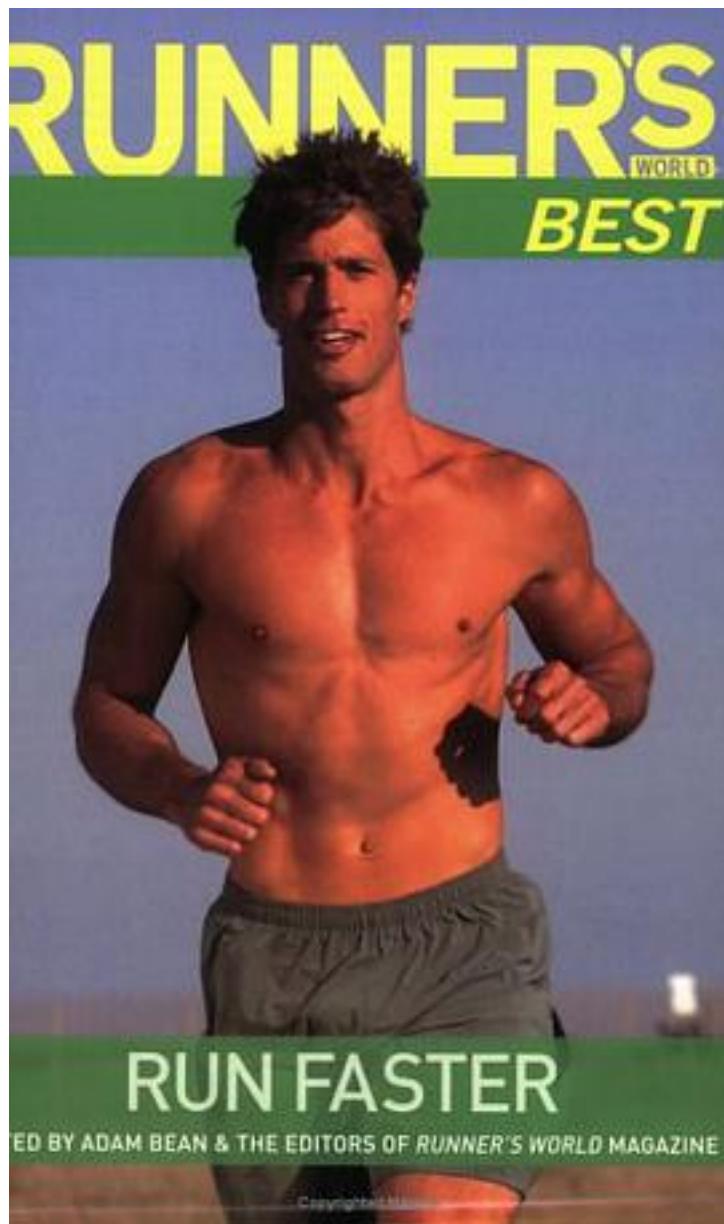


Runner's World Best



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"Getting Started" provides beginning runners with everything they need to know to get off on the right foot. Full-color photographs demonstrate proper running technique and equipment. Runners learn how to incorporate interval, tempo, and Fartlek training to achieve optimum performance from the start. Rounding out the volume are cross-training suggestions, along with valuable tips on increasing speed and endurance.

作者介绍:

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标签

runner

评论

Short and complete, from nutrition to training.

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书评

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