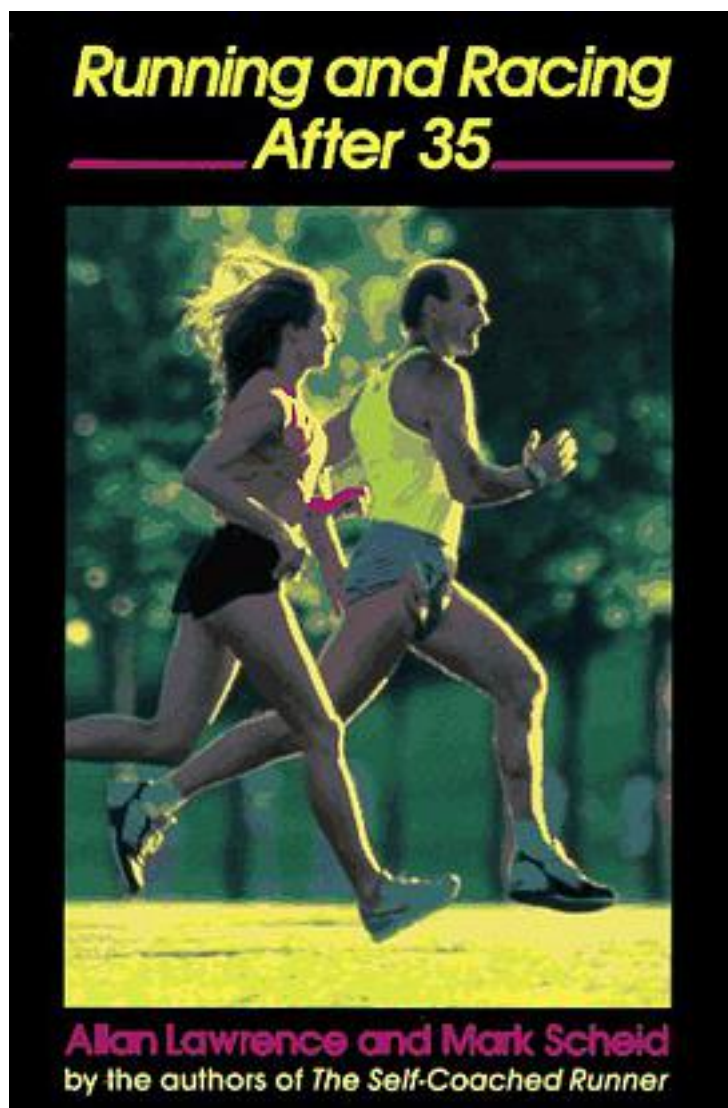


# Running and Racing After 35



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著者:Lawrence, Allan/ Scheid, Mark

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By the authors of "The Self-Coached Runner", this book is also about road racing. It provides training schedules for five and ten kilometre and marathon races, and devotes chapters to nutrition, sports psychology and the effects of the ageing process.

作者介绍:

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