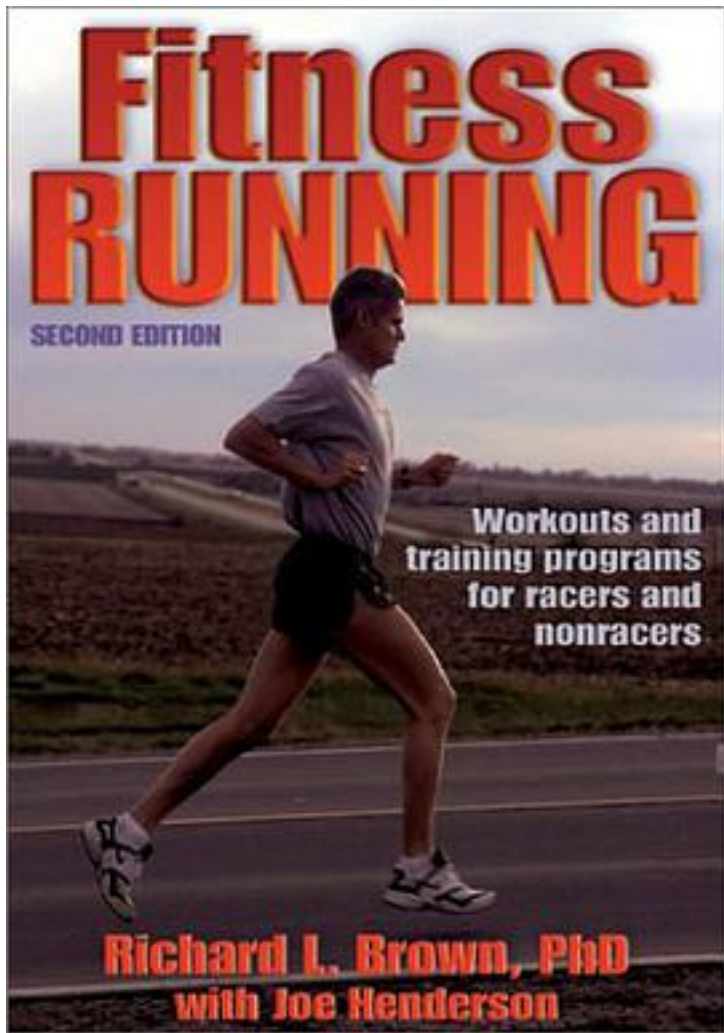


# Fitness Running - 2nd Edition (Fitness Spectrum Series)



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著者:Richard L. Brown

出版者:Human Kinetics

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Providing expert guidelines for training to meet fitness and racing objectives, this book includes six workout programmes for one mile up to marathon distance. Advice is also given on running form, shoes and training gear to maximise performance and minimise the chance of injury.

作者介绍:

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