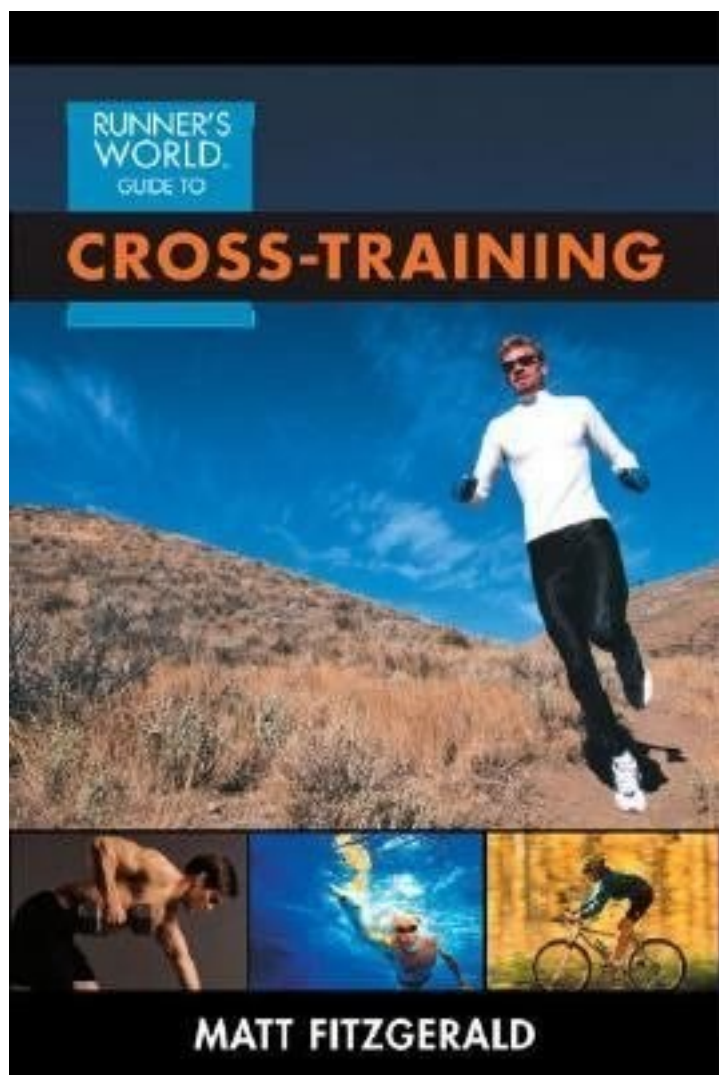


Runner's World Guide To Cross-training



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标签

running

评论

Very thorough guide from strength, flexibility, endurance cross training. It also has 10K, marathon training program. Good reference.

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书评

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