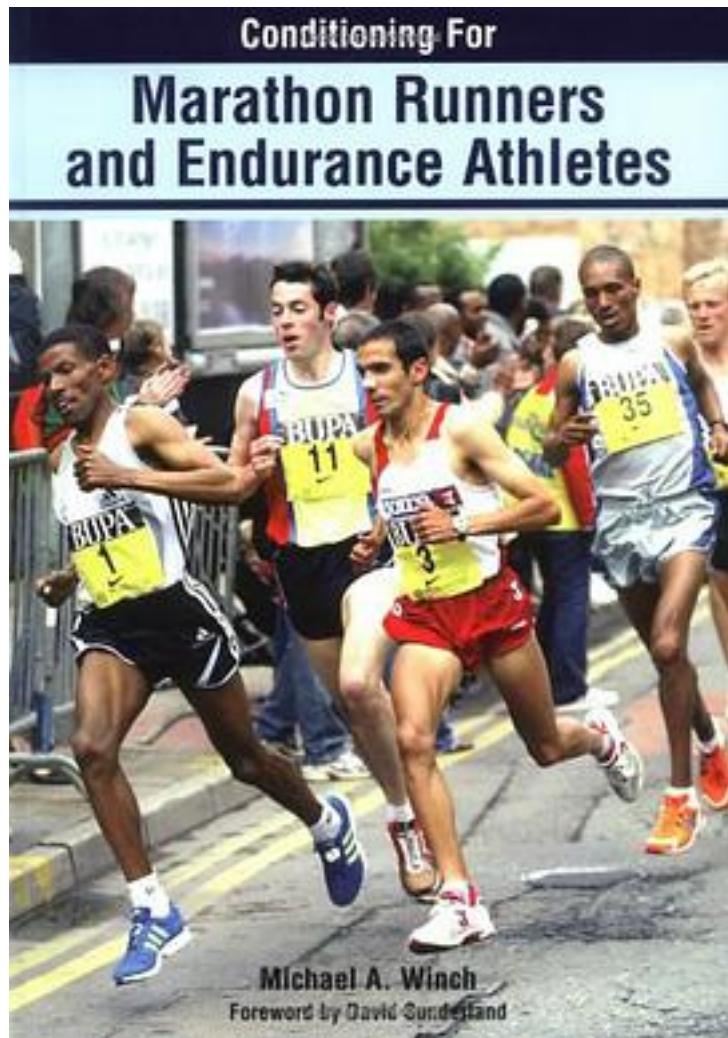


# Conditioning for Marathon Runners and Endurance Athletes



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"Conditioning for Marathon Runners and Endurance Athletes" enables marathon runners and athletes to understand the conditioning process, which is essential if they are to maximize their performance results, and also reduce the possibility of injury, which is of considerable importance given the repetitive nature of the events.

作者介绍:

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