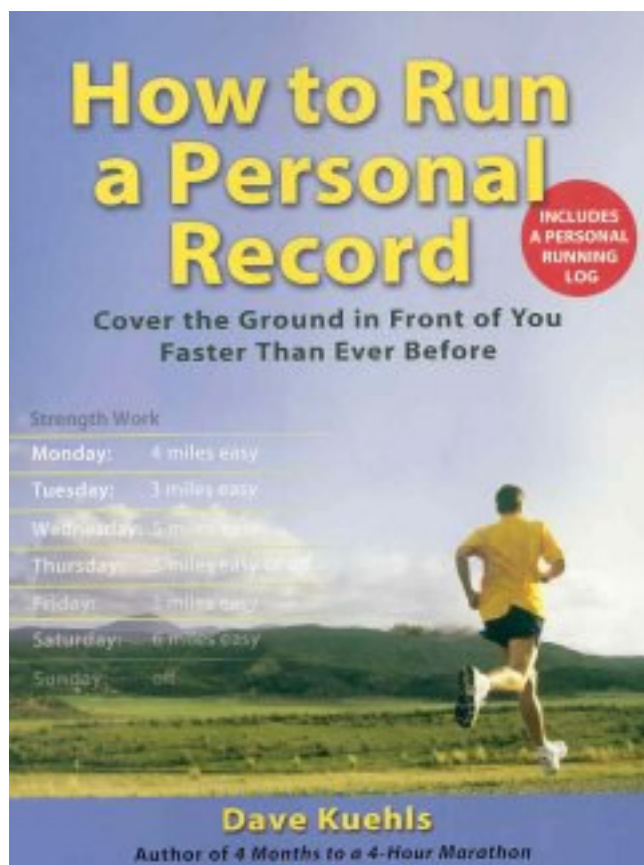


# How to Run a Personal Record



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Training tips for record-breaking distance running from the author of 4 Months to a 4-Hour Marathon.

The only running book targeted specifically to help runners set a personal record, this indispensable guide offers specific training programs for each of the four most popular

race distances: 5K, 10K, half-marathon, and marathon. It also includes a common-sense discussion of the training process (a time-tested, three-pronged approach), information on everything runners need to know from day one to crossing the finish line, plus race-day strategies to squeeze out precious minutes and seconds from that finish line clock.

How to Run a Personal Record features a 32-page training log where the reader can log their progress through the 16-week training phase.

作者介绍:

About the AuthorDave Kuehls is a senior writer for Runner’s World magazine, the world’s largest running magazine. He also writes for Sports Illustrated, GQ, Men’s Health, and ESPN magazine.

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