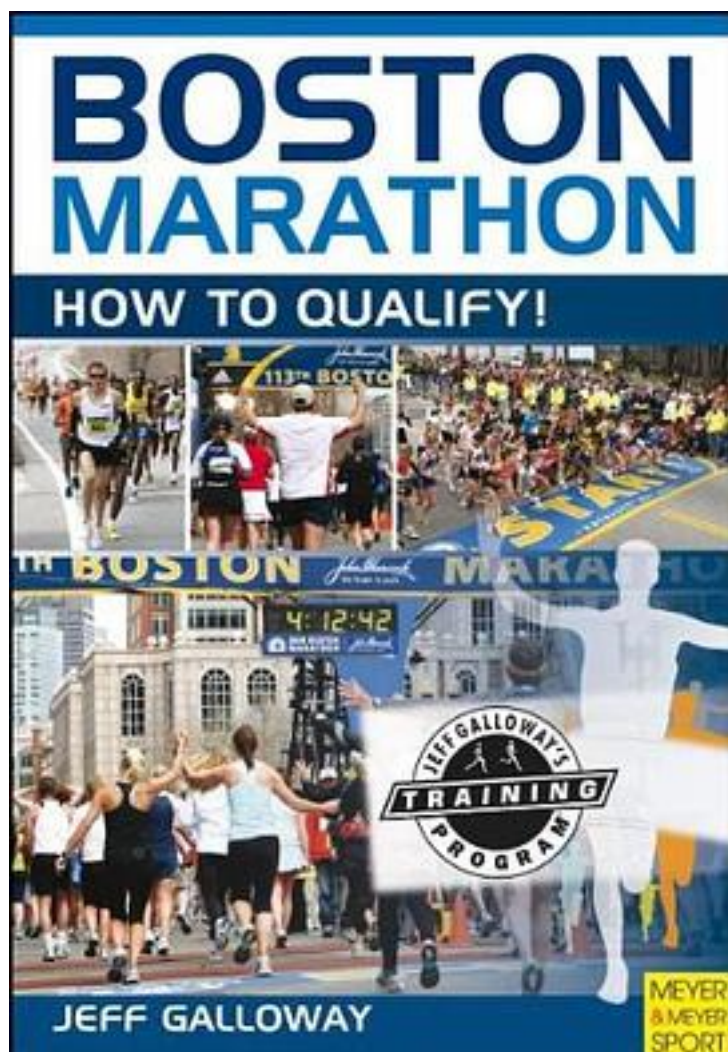


Boston Marathon



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著者:Galloway, Jeff

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This book lays out all the training necessary to qualify for the Boston Marathon. Due to significant rest days each week, and Galloway's highly successful run-walk-run method, most runners run injury free and can enjoy family and social activities while improving performance to the highest level.

作者介绍:

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