

[PDF] Running--Getting Started

JEFF GALLOWAY - pdf download free book



Books Details:

Title: Running--Getting Started
Author: JEFF GALLOWAY
Released: 2005-04-01
Language:
Pages: 231
ISBN: 1841261661
ISBN13: 978-1841261669
ASIN: 1841261661

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Description:

About the Author Jeff Galloway has completed far more than 100 marathons himself, and he spends the time necessary to answer the questions of thousands of beginners, recreational runners, aspiring marathoners and time goal runners-every year.

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