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A GUIDE TO RUNNING YOUR FIRST MARATHON (PAPERBACK)



Publicious Pty Ltd, 2017. Paperback Condition: New. Language: English . Brand New Book ***** Print on Demand *****.For many novice and even some experienced runners completing the 42.2 kilometres (26 miles) involved in running a marathon seems daunting and too difficult to contemplate. For those who have run a half marathon the thought of running two half marathons back to back may seem impossible. However this short book has been written to demonstrate that most runners can complete a marathon..

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- Authored by Doug Limbrick
- Released at 2017



Filesize: 1005.39 KB

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