# The Art of Running Faster



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## Reviews

*The ebook is simple in go through preferable to comprehend. Better then never, though i am quite late in start reading this one. Its been printed in an exceptionally simple way and it is simply right after i finished reading through this pdf in which in fact altered me, affect the way i believe.*
*(Prof. Corbin Hilll)*

# THE ART OF RUNNING FASTER



Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, The Art of Running Faster, Julian Goater, Don Melvin, Whether you're old, young, new to the sport or an experienced marathoner, this guide will change how you run and the results you achieve! Any runner can tell you that the sport isn't just about churning out miles day in and day out. Runners have a passion, dedication and desire to go faster, longer and further. Now, "The Art of Running Faster" provides you with a new approach to running, achieving your goals and setting your personal best. "The Art of Running Faster" challenges the stereotypes, removes the doubts and erases the self-imposed limitations by prescribing not only what to do but also how to do it. Inside, you will learn how to overcome the obstacles that prevent you from running faster, more comfortably and with greater focus. Customise your training programme to emphasise the development of speed, strength and stamina to ensure you reach that next level of performance and blow past the competition. Reviews of this title are through UK and European running websites and magazines including "Running Fitness" and "Runner's World". Email campaign to contacts interested in running. This title is featured in Human Kinetics' monthly "FitNews E-Newsletter" sent to over 10,000 subscribers. It is also featured on Human Kinetics' Health & Fitness Blog.

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