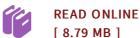# Weight Training for Running: The Ultimate Guide

By Rob Price

Price World Enterprises. Paperback. Book Condition: new. BRAND NEW, Weight Training for Running: The Ultimate Guide, Rob Price, This is the most comprehensive and up-to-date running-specific training guide in the world today. It contains descriptions and photographs of nearly 100 of the most effective weight training, flexibility, and abdominal exercises used by runners world-wide.

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