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RUN BETTER, RUN FASTER: USING A BIOMECHANICAL APPROACH



Culicidae Press, LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is written to help both current runners-and those who want to become a runner-learn how to run more smoothly, more efficiently, and for longer periods of time without injury. We wanted to get rid of the painful early sessions that go with learning to run the traditional way (I used to hate running when...

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- Authored by Herb Kieklak
- Released at 2015



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