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## How to Run: Improve Your Speed, Stamina & Enjoyment

By Jones, Hugh.

Carlton. 1 Paperback(s), 2010. soft. Book Condition: New. Whether you want to run for fitness or if you aspire to competing in a marathon, there's more to running than just putting one foot in front of the other. In this book which features more than 50 color photos former London Marathon winner Hugh Jones shows you how to experience the true joy of running and provides detailed advice on assessing your initial fitness, warming up, proper attire, nutrition, and overcoming common problems along the way, as well as suggested music playlists to boost your energy. For those seeking the ultimate test, Jones includes a 16-week program to prepare you for the big 26.2-mile event. 127.



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