



Running Long Distances

By Bill R. Daugherty

AUTHORHOUSE, United States, 2005. Paperback. Book Condition: New. 279 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Items of Concern that Bill Daugherty, in his book Running Long Distances: Ho!, Ho!, Ho!; Let s Go!, Go!, Go!!!, that he believes will aid you towards running safely, as improve your health, in long distances are as follows: [Keep in mind, one of the best ways of learning about long distance running is to listen and read into what an experienced long distance runner and/or coach has to offer you by invitation in doing!] . You ll have a challenge to qualify yourself bytaking, for yourself alone, Bill s QuickAnalyzation For YOU! . There s a uniquely new concept formula .are YOU ready to see and adopt it? . You ll be requested to make yourself some little (non-expensive or elaborate) charts and record keeping systems. . You ll need to know how to properly BREATHE! . On the same token, you ll need knowing somerelated legs and footwork techniques! . You ll need to accept some key clues - clues foryour running inclines and declines effectively! . What importance is there to Bill s techniquerelating...



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