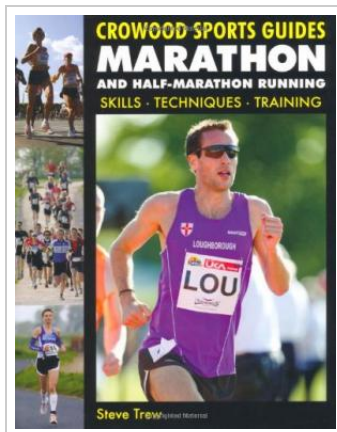




Marathon and Half-Marathon Running: Skills, Techniques, Training (Crowood Sports Guides)

By Steve Trew

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