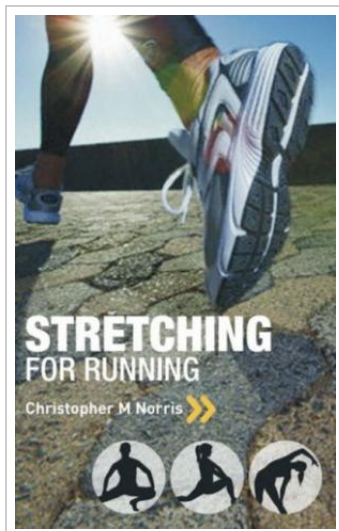




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By Christopher M. Norris

Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Stretching for Running: Chris Norris's Three-phase Programme, Christopher M. Norris, Based on the hugely successful Complete Guide to Stretching, this new series from Chris Norris is a sport-specific three-phase programme of stretching, from beginner level, through intermediate stretches, to advanced dynamic development. Chris introduces the book with some advice on self-assessment and warm-ups, and at the end of the book there is a training log to assess development and a handy section on treating injuries encountered in running. With stretches illustrated with full-colour photography, and in a handy training bag-sized format, Stretching for Running is your ideal running partner.



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