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RUNNER S WORLD COMPLETE BOOK OF WOMEN S RUNNING: THE BEST ADVICE TO GET STARTED, STAY MOTIVATED, LOSE WEIGHT, RUN INJURY-FREE, BE SAFE, AND TRAIN FOR ANY DISTANCE



Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. Newly revised, this is the most up-to-date, practical guide ever published for women runners of every level. Today, women make up more than half of the nation s runners. And, as more and more women have hit the roads and trails and laced up for 5-Ks and marathons, the research showing the effects of running on the female body...

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- Authored by Dagny Scott Barrios
- Released at 2016



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