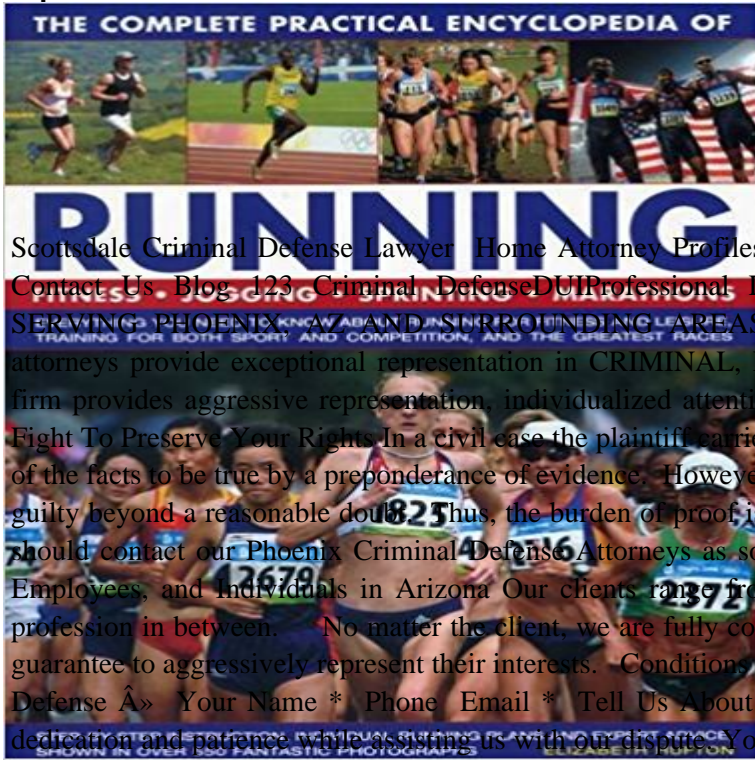


# The Complete Practical Encyclopedia of Running: Everything You Need To Know About Running For Fitness And Leisure, Training For Both Sport And ... Shown In Over 550 Fantastic Photographs



The ultimate running handbook with training advice from 5K to 10K, marathons, triathlons and more.

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