



The Complete Guide to Running

Earl Fee

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This is a book for all fitness enthusiasts from a young age to ninety, those with a dream, those who want to improve, those who want to learn the why and not just the how, and those who dare to excel. The basic principles of training are applicable to all ages. With proper training the body, mind, and spirit are each fully used and all are in harmony. This book aims for this perfection to assist you in the serious play of athletic excellence, and to attain your fullest talents in your sport, especially in running.

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