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The Complete Guide to Running A History of Mungindi to 1988

The Complete Guide to Running Jan 02 2023
In "The Complete Guide to Running", the secrets of Earl Fee, a world master's champion, are revealed that helped him achieve over 30 world records in running. This material is supported by hundreds of references. Fifteen chapters explain how to improve general physical and mental fitness with major emphasis on mental training, nutrition, physiology, inspiration, and motivation. Ten chapters reveal the how and why of running training for sprinting, middle and long distance, hurdles, and running in the pool. Athletes from 9 to 90 will benefit from this information since all are bound by the same training principles. Precautions and training are explained for the extreme young and old.

A History of Mungindi to 1988 Dec 01 2022

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