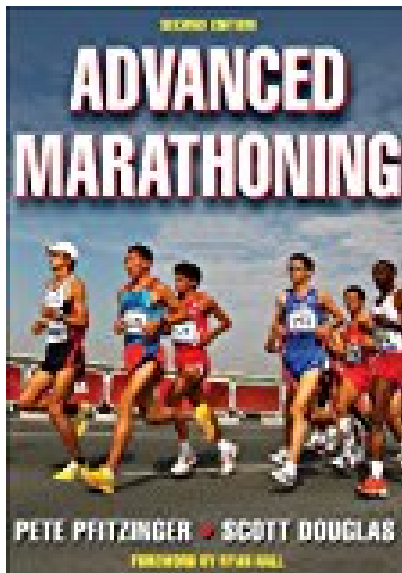


Advanced Marathonning - 2nd Edition



BOOK DETAILS

- Author : Pete Pfitzinger
- Pages : 264 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 0736074600

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BOOK SYNOPSIS

With the latest in science-based training, Advanced Marathonning shows you how to race faster, train for multiple marathons, and surpass your goals. Find the latest information on training methods, schedules, and programs for a variety of distances. Guaranteed to take you to the next level, you will run your best marathon with this definitive book.

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