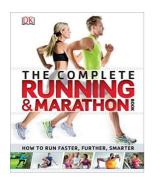
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DK Publishing (Dorling Kindersley), 2014. Soft cover. Condition: New. Joining the 2 million runners in the UK, The Complete Running and Marathon Book has everything you need to know, from choosing the right footwear to eating right and warming up. Or running a race, such as a 5K, 10K, half marathon or marathon? Train hard with one of the specific programmes for your distance. Invaluable tips can help you to gain a vital competitive edge, from goal-setting and motivation to...

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- Authored by DK
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