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ROWMAN LITTLEFIELD, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. In today s hyper-competitive world, young athletes are often pushed to compete and pressured to succeed to the point of burnout. It doesn t have to be that way, though, because many young runners genuinely enjoy training and racing. But in order to train and compete intelligently-to become better runners yet avoid injuries or academic and social missteps-they need guidance. Young Runners at the Top: A...

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- Authored by Brad Hudson, Lize Brittin, Kevin Beck
- Released at 2017



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