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The Competitive Runner's Handbook: The Bestselling Guide

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The Competitive Runner's Handbook. In this completely revised and expanded edition of the must-have runner's reference book Bob Glover and Shelly-Ann Florence Glover outline everything you need to train successfully. From the official training program for the New York City Marathon to specific training programs for all levels of runners.

The Competitive Runner's Handbook by Bob Glover

A book that's already sold close to 200,000 copies, The Competitive Runner's Handbook will now offer all the latest information needed to design basic training programs; special workouts to increase strength, endurance, and power; schedules and worksheets to develop individual goals; and specifics on preparing for all kinds of races—with an emphasis on the 10K and the marathon.

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Running With Razors And Soul: A Handbook For Competitive

About The Competitive Runnerâ€™s Handbook. For both runners entering that first neighborhood race and elite marathoners, trainers Bob and Shelly-lynn Florence Gloverâ€™s completely revised guide is the book on training to compete.

The Competitive Runner's Handbook by Bob Glover, Shelly

The ING New York City Marathon Training Program is adapted from The Runner's Handbook and The Competitive Runner's Handbook. Training Schedule. These are sample schedules. Be flexible. Long runs are on Saturdays in the schedule, but may be switched to other days.

Training Schedule - Coach Dino Riojas Training

The Competitive Runner's Handbook: The Bestselling Guide to Running 5Ks through Marathons by Bob Glover, Shelly-lynn Florence Glover. For both runners entering that first neighborhood race and elite marathoners, trainers Bob and Shelly-lynn Florence Glover's completely revised guide is the book on training to compete.

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