



How to Train For and Run Your Best Marathon: Valuable Coaching From a National Class Marathoner on Getting Up For and Finishing

Gordon Bloch

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A valuable coaching on gearing up for and finishing a marathon.

From a national class marathoner who qualified for the Olympic Trials—valuable coaching on gearing up for and finishing a marathon. Bloch explains the benefits of cross-training for marathon runners, offers winning strategies specific to individual race courses, and more.



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