

THE RUNNERS BOOK OF **TRAINING SECRETS**

**Elite Runners
Share Their Best Tips
and Techniques for:**

- *Speed training*
- *Distance running*
- *Racing strategies*
- *Injury prevention*
- *Eating for competition ...
and recovery*
- *Developing a
winning attitude*



By Ken Sparks, Ph.D.
and Dave Kuehls, Senior Writer, *RUNNER'S*

Runners Of Training Secrets

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Runners Of Training Secrets:

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