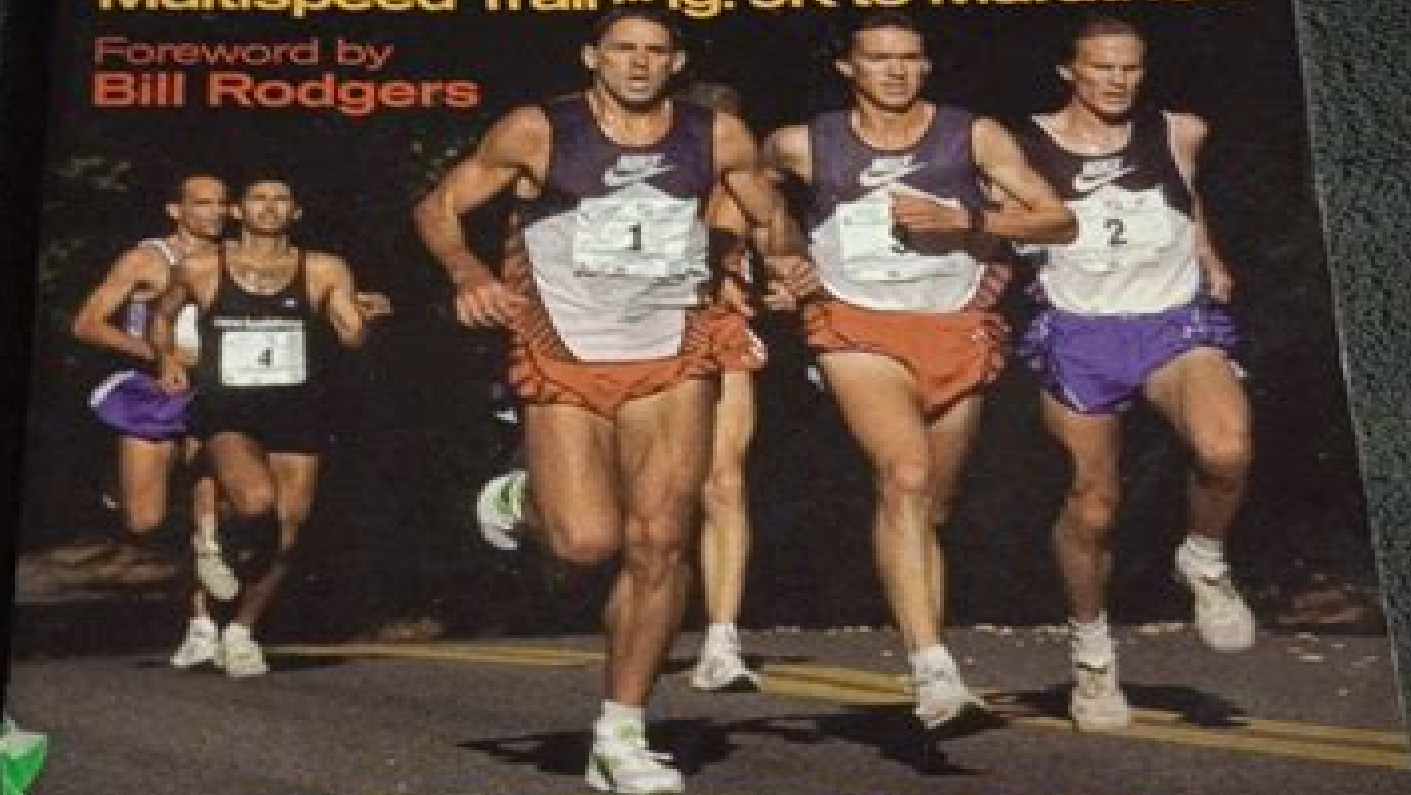


ROAD RACING for Serious RUNNERS

Multispeed Training: 5K to Marathon

Foreword by
Bill Rodgers



**PETE PFITZINGER
SCOTT DOUGLAS**

Road Racing For Serious Runners

Ying Liu



Road Racing For Serious Runners:

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