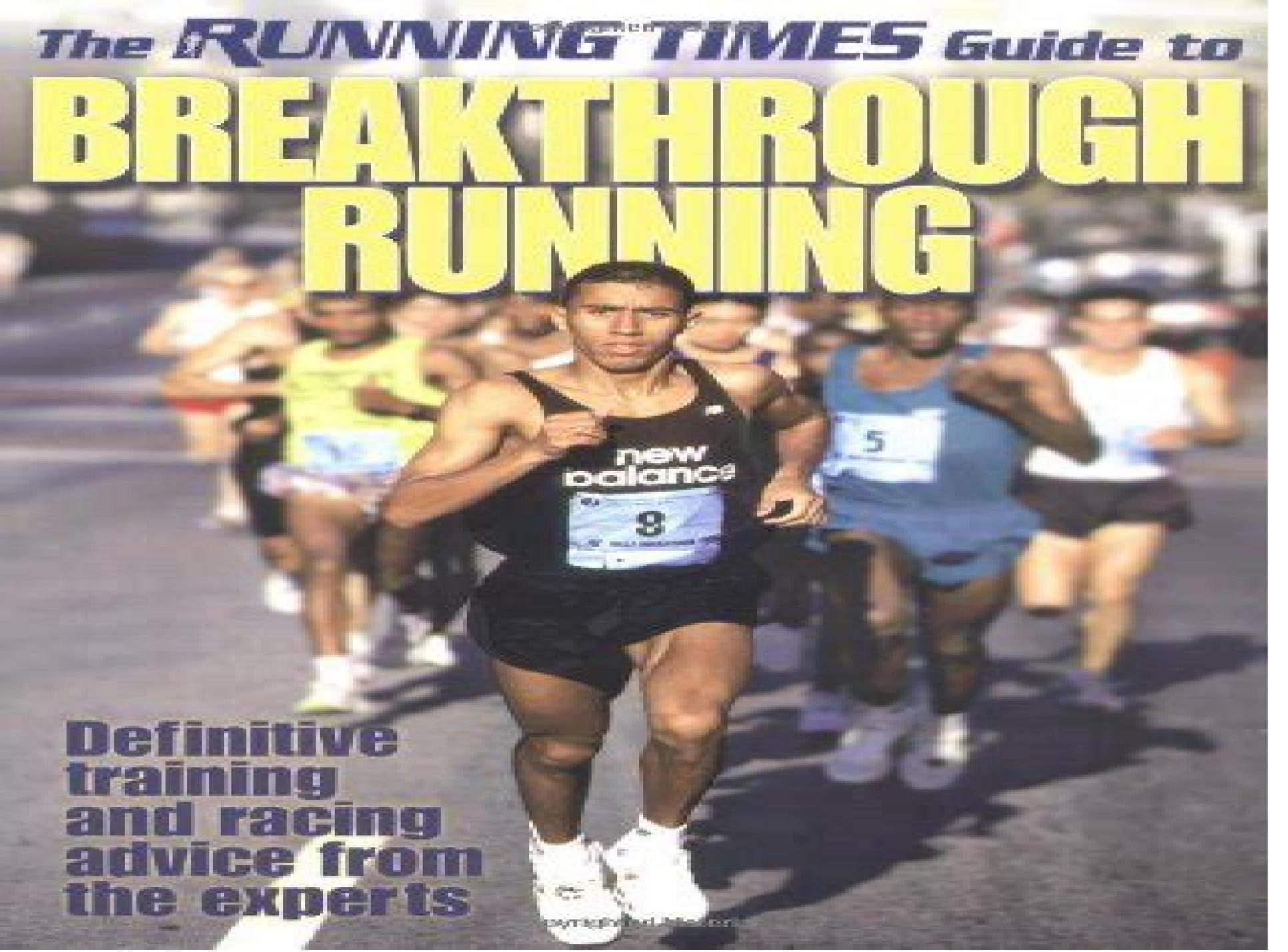


The ***RUNNING TIMES*** *Guide to*
**BREAKTHROUGH
RUNNING**

A male runner in a black singlet with 'new balance' and bib number '8' is in the foreground, running towards the camera. He is surrounded by other runners in a marathon race, with a blurred background showing a large crowd and a paved road.

**Definitive
training
and racing
advice from
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Running Times Guide To Breakthrough Running

Jicheng Xie



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