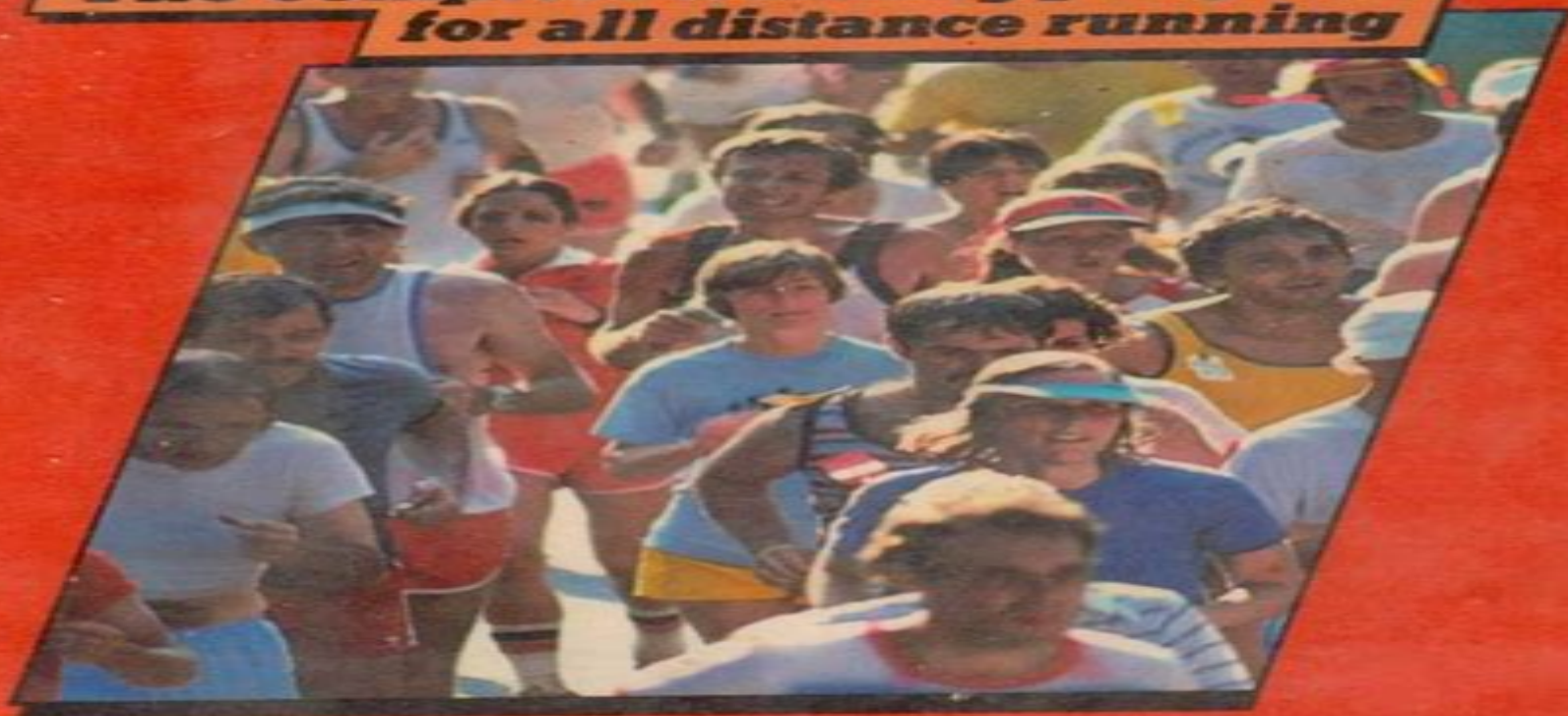


The COMPETITIVE RUNNER'S Handbook

Bob Glover and Pete Schuder

**The complete training program
for all distance running**



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