

A photograph of two male runners in mid-stride on a red running track. The runner on the left is wearing a white singlet with a blue horizontal stripe and blue shorts. The runner on the right is wearing a yellow singlet and dark blue shorts. The background is a blurred green field under a clear blue sky.

# *The Self-Coached Runner*

Allan Lawrence & Mark Scheid

Foreword by Pat Clohessy,  
Australian National Coach, Distance Running

# Self Coached Runner

**Rachel Sandford**



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