

Dr. Jordan Metzl's **RUNNING STRONG**

THE SPORTS DOCTOR'S
COMPLETE GUIDE TO
STAYING HEALTHY AND
INJURY-FREE FOR LIFE

Jordan D. Metzl, MD

(32 Marathons & 12 Ironmans)

with **Claire Kowalchik**



RUNNER'S WORLD

Running Strong And Injuryfree

Jordan MetzI,Claire Kowalchik



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