



# The Complete Running and Marathon Book

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# The Complete Running and Marathon Book

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## **The Complete Running and Marathon Book** DK Publishing

For anyone interested in running — from beginners to those looking to improve their techniques or preparing for their first marathon — *The Complete Running and Marathon Book* includes a comprehensive range of programs for all aspects of training.

Ideal for runners, personal trainers, coaches, and students, *The Complete Running and Marathon Book* features detailed anatomical artworks, user friendly step-by-step sequences, advice on optimum techniques and injury prevention, as well as guidance on running psychology.

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