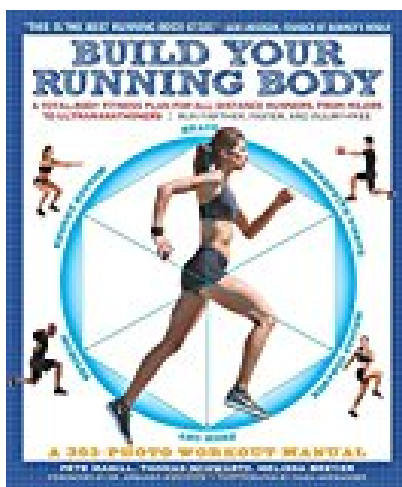


# Build Your Running Body A Total-Body Fitness Plan for All Distance Runners from Milers to Ultramarathoners—Run Farther Faster and Injury-Free

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## BOOK DETAILS

- Author : Pete Magill
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## **BOOK SYNOPSIS**

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