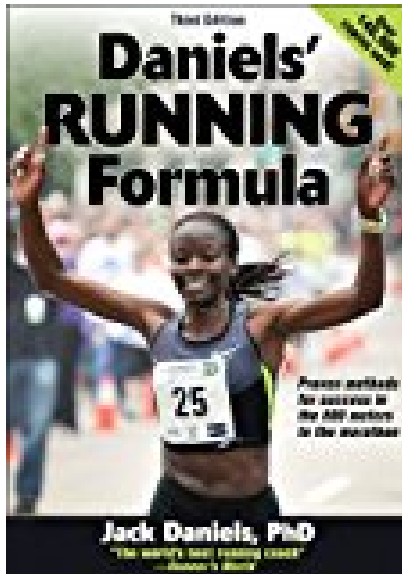


Daniels Running Formula-3rd Edition



BOOK DETAILS

- Author : Jack Daniels
- Pages : 320 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 1450431836



BOOK SYNOPSIS

Explains how to determine an ideal training pace, provides pacing tables for individual races, suggests race strategies, and offers guidelines to protect against injury.

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