



## **RUNNER'S MANUAL AND MARATHON (Spanish Edition)**



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# **RUNNER´S MANUAL AND MARATHON (Spanish Edition)**

*RAMON MARTIN SANCHEZ*

**RUNNER´S MANUAL AND MARATHON (Spanish Edition) RAMON MARTIN SANCHEZ**

Read this manual carefully as it contains valuable tips that will make your running journey much easier...and hopefully more rewarding. We highly recommend that you keep an accurate training diary. This will help you to learn about your body and how training affects your performance.

Good luck and enjoy your running!

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