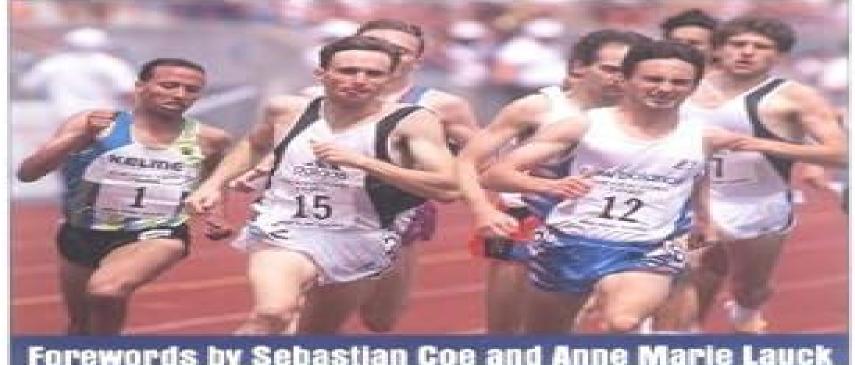
# Better Training for Distance Runners



Forewords by Sebastian Coe and Anne Marie Lauck

David E. Martin, PhD. Peter N. Coe

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