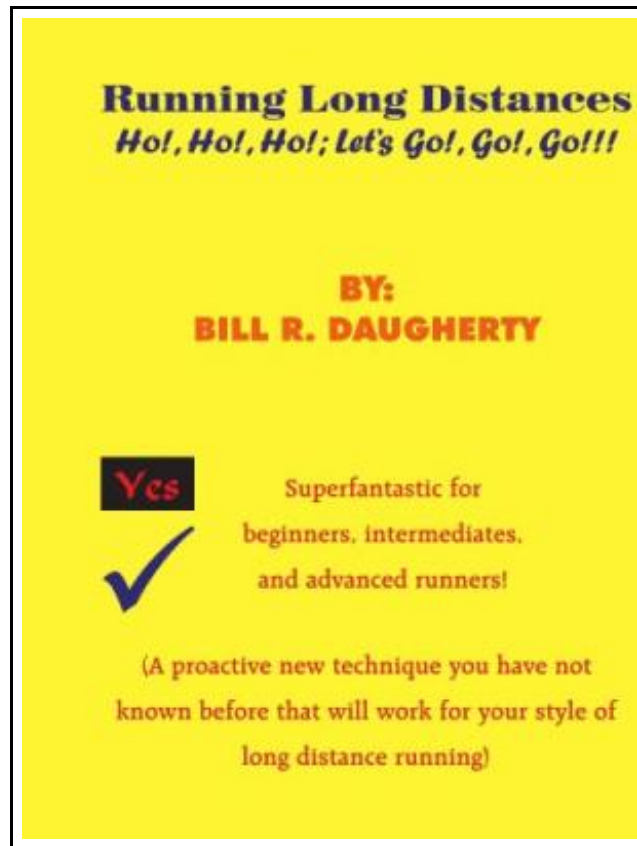


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AUTHORHOUSE, United States, 2005. Paperback. Book Condition: New. 279 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Items of Concern that Bill Daugherty, in his book *Running Long Distances: Ho!, Ho!, Ho!; Let s Go!, Go!, Go!!!*, that he believes will aid you towards running safely, as improve your health, in long distances are as follows: [Keep in mind, one of the best ways of learning about long distance running is to listen and read into what an experienced long distance runner and/or coach has to offer you by invitation in doing!] . You ll have a challenge to qualify yourself bytaking, for yourself alone, Bill s QuickAnalyzation For YOU! . There s a uniquely new concept formula .are YOU ready to see and adopt it? . You ll be requested to make yourself some little (non-expensive or elaborate) charts and record keeping systems. . You ll need to know how to properly BREATHE! . On the same token, you ll need knowing somerelated legs and footwork techniques! . You ll need to accept some key clues - clues foryour running inclines and declines effectively! . What importance is there to Bill s techniquerelating particular kinds of STRIDES to use? . (Stop using your style of moving your arms and hands!) Learn how best to effectively move your hands and arms while running, especially when you re thinking of long distance running! . Learn of the following crucial notions as ideas for you to change yourself in becoming a long distance runner: (A) Strategies; (B) Pre-Race knowledge; (e Race Strategies; (D) Enjoying reading and comprehending it, this book s Conclusion; and, (E) the taking of a brief moment to better know about this author, Bill Daugherty!.

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