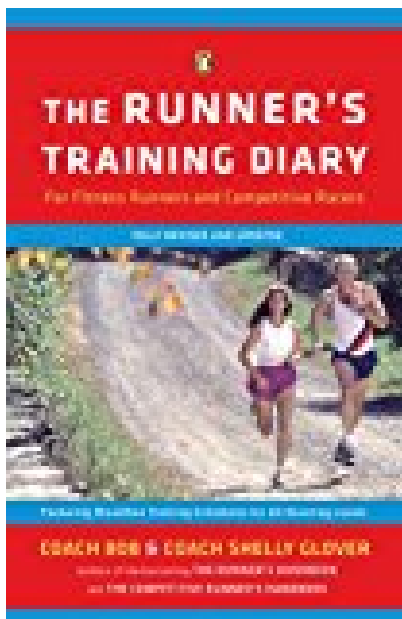


# The Runners Training Diary For Fitness Runners and Competitive Racers

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## BOOK DETAILS

- Author : Bob Glover
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## BOOK SYNOPSIS

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