[PDF] The Beginning Runner's Handbook: The Proven 13-Week Walk/Run Program

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Description:

About the Author The Sport Medicine Council developed the walk/run program, and together with athlete and writer Ian MacNeill, has produced this indispensable guide. The Sport Medicine Council is a non-profit organization dedicated to developing, promoting, and administering a wide variety of educational programs related to fitness, health, and exercise.
--This text refers to an alternate edition.

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