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THE SECRET BOOK OF RUNNING



Max Leo Publishing, United States, 2011. Paperback. Book Condition: New. 201 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.The Secret Book of Running is an irreverent training manual for runners of all ability levels, covering everything from the 5K to the marathon. When it comes to the sport of running, it is generally understood that over 99 of all entrants in a competitive race will lose. In non-competitive running, it is generally understood that...

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- Authored by Lance Martin
- Released at 2011



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