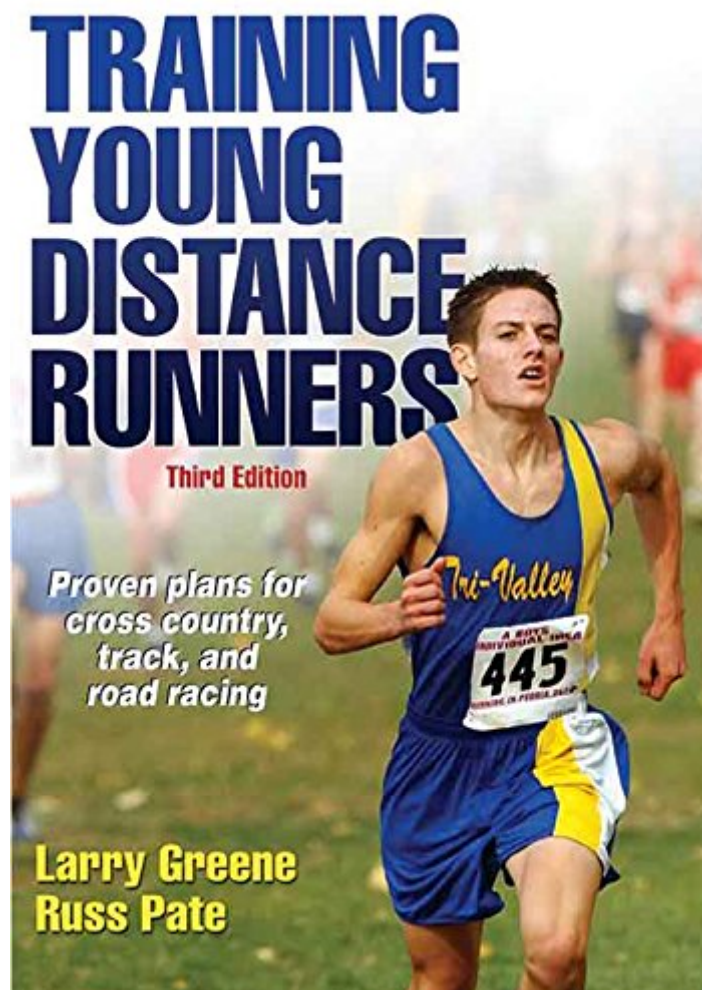


The book was found

Training Young Distance Runners-3rd Edition



Synopsis

Essential for coaches and parents of teen runners involved in cross country, distance track events, and road racing, *Training Young Distance Runners* draws on the latest scientific research to present easily understood and applied training plans plus guidelines for designing customized programs.

Book Information

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Customer Reviews

Well written- great science- solid training information-all coaches of young runners should have this book in their library.

Best book to read for new or experienced coaches. Love the periodization charts and helpful example workouts!

excellent

Great book!

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Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books)
Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More
IronFit Secrets for Half Iron-Distance Triathlon Success: Time-Efficient Training For Triathlon's Most Popular Distance
Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners-Run Farther, Faster, and Injury-Free
The Youth and Teen Running Encyclopedia: A Complete Guide for Middle and Long Distance Runners Ages 6 to 18
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Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy)
Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks)
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Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness(Dog training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1)