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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Running for Beginners, a Guide to Successful Running for Health, Fitness, and Pleasure Everything You Will Need to Know About Running for Beginners Do you yearn to get fitter but don t know where to start? Well running is the perfect way in which to start. All you need to get started area good pair of trainers and...

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- Authored by K P Foster
- Released at 2015



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