

# **Build Your Running Body: A Total-Body Fitness Plan For All Distance Runners, From Milers To Ultramarathoners - Run Farther, Faster, And Injury-Free By Pete Magill;Thomas Schwartz;Melissa Breyer**

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Pat Logan wasn't just my first running coach; he was my first running hero. I was a 103-pound freshman on the La Canada High School cross country team. Logan was a 6

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Build Your Running Body provides beginners with many years' worth of solid information to continue their advancement in running for a long time to come.

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Pete Magill, Thomas Schwartz, Melissa Breyer Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners

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When given the opportunity to read and review Build Your Running Body by Pete Magill, Thomas Schwartz and Melissa Breyer, I was beyond thrilled.

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A chapter, content, and photo instruction breakdown of Build Your Running Body, the book by Pete Magill, Thomas Schwartz, Melissa Breyer, and Diana Hernandez for

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