



Marathon: You Can Be a Runner A Minimalist Approach for Training and Completing Your Best Half or Full Marathon: Run Pain-Free and Run Powerfully

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Marathon is the all inclusive eGuide to your best half or full 26.2 mile marathon. Build lean muscle and eliminate fat with the total body strength training protocol outlined in this eBook. The minimalist approach outlined in Marathon is designed to help you add miles to your endurance while subtracting the time spent pounding the pavement. Run pain-free and run powerfully.

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