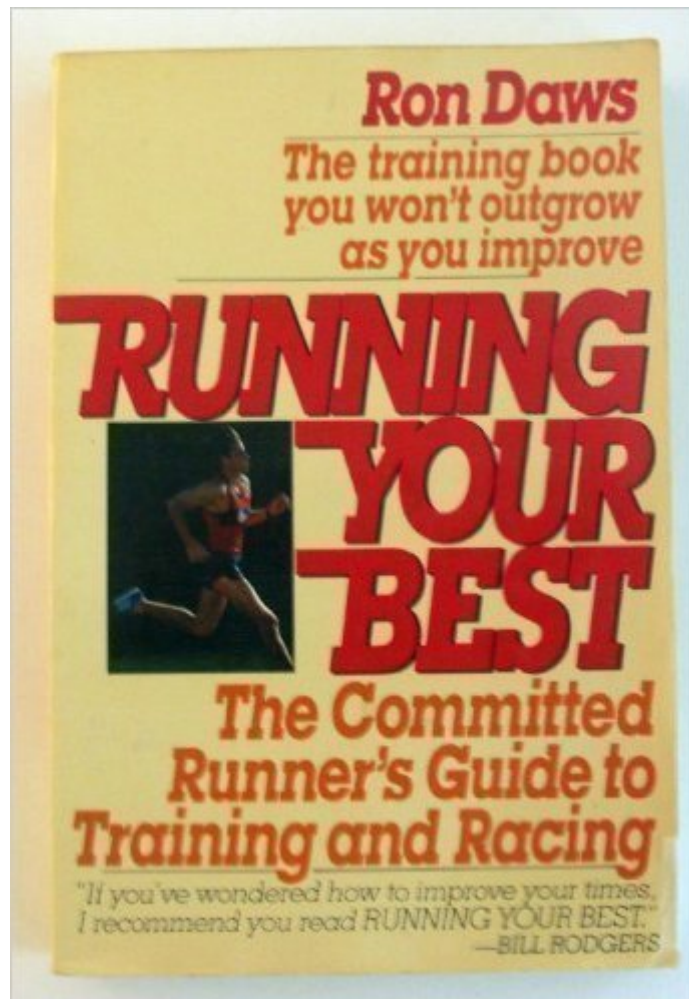


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# Running Your Best: The Committed Runner's Guide To Training And Racing



## Synopsis

Very well written

## Book Information

Paperback: 304 pages

Publisher: Penguin Books (September 3, 1985)

Language: English

ISBN-10: 0828905592

ISBN-13: 978-0828905596

Product Dimensions: 7 x 1 x 5 inches

Shipping Weight: 12.8 ounces

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #1,661,909 in Books (See Top 100 in Books) #514 inÂ Books > Sports & Outdoors > Other Team Sports > Track & Field

## Customer Reviews

This is about the only running book one needs! :)

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