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Strength Training for Runners (Paperback)

By Mirsad Hasic

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book ***** Print on Demand *****.How to Strengthen a Runner s Body and Skyrocket Performance in Just a 30 Minutes? Are you looking for an easy, quick, and efficient strategy that will strengthen your body while at the same time increase your performance levels on the running track? If your answer is yes, then keep reading. You don t need to Spend Countless Hours Each Week in Order to improve your Running Strength There a huge misconception amongst runners that suggests the only way to improve running strength is to spend hours and hours at the gym each week. As a runner myself, I m reporting this from personal experience. I also believed once that the only way to improve strength on the track meant lots of hours at the local gym. I can now say with confidence that this is NOT the case. In reality, all you need is to devote 2-3 days a week on your strength training. Better still, these workouts only require around 30 to 40 minutes per session. Get a Customized Strength Workout Plan in...



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