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# HOW TO TRAIN AND FINISH YOUR FIRST 10K RACE. (PAPERBACK)



Andreas Michaelides, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. You need to know the theory behind it, the mindset. Second, you need to know the practical aspect of the theory, and last but not least, you need to know the step by step configuration your mind has to follow to achieve that task. Any lack of information in either of the above situations and your rate of success diminishes, and...

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- Authored by Andreas Michaelides
- Released at 2016



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