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The Crowood Press Ltd. Paperback. Book Condition: new. BRAND NEW, High Performance Middle-Distance Running, David Sunderland, Aimed at both athletes involved in competitive middle distance running and their coaches, this invaluable volume, based on the author's forty years' experience in athletics, is essential reading for all those who wish to improve their performance. Throughout the book the author adopts a practical coaching approach based on sound principles and on the belief that nothing be left to chance and that 'perfect...

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- Authored by David Sunderland
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