

TRAINING YOUNG DISTANCE RUNNERS

Third Edition

*Proven plans for
cross country,
track, and
road racing*

**Larry Greene
Russ Pate**



Training Young Distance Runners 3rd Edition

DP Hallahan



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Training Young Distance Runners-3rd Edition Greene, Laurence S.,Pate, Russell,2014-12-13 Essential for coaches and parents of teen runners involved in cross country distance track events and road racing Training Young Distance Runners draws on the latest scientific research to present easily understood and applied training plans plus guidelines for designing customized programs **Training Young Distance Runners** Laurence S. Greene,Russell R. Pate,2015

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Nutrition and Fitness for Athletes Artemis P. Simopoulos, Konstantinos N. Pavlou, 1993
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