

**Build Your Running Body: A Total-Body Fitness Plan
For All Distance Runners, From Milers To
Ultramarathoners - Run Farther, Faster, And Injury-
Free By Pete Magill;Thomas Schwartz;Melissa Breyer**

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It's not often that a book completely overwhelms me with information. But such was the case with Build Your Running Body, a book by Melissa Breyer, Thomas

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A running site for both beginner and experienced runners, offering training advice, programs, and classes from Coach Pete Magill, as well as injury diagnosis and

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