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Boston Bound (Paperback)

By David Venable

Dog Ear Publishing, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.David Venable, a six-time Boston Marathon finisher, has completed nearly 50 marathon/half-marathon events. In the past decade he transitioned from a novice mid-pack finisher to a top 1 finisher at distances from the 10K to the marathon at major venues. With international marathon experience to running in the extremes of Death Valley, Venable has compiled excellent experience applicable for marathoners that seek improvement or need an extra push to achieve a life goal. Compelled to coach other runners to personal bests and/or Boston qualification(s), he has written Boston Bound. Over five years of research went into Boston Bound, where Venable has captured a balance of proven training techniques, personal experience, and strategic approaches for running a fast marathon, with an inspiring addition of motivational stories. Unlike the books from elite running/authors that fill the shelves today, Venable writes and provides guidance from a non-elite runner's point of view with the key focus to run your fastest marathon while being realistic with the balance of work and family commitments. This book is intended for all runners who have the vision and...



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Reviews

It is an awesome publication which i actually have ever read through. it had been writtern really properly and valuable. I found out this book from my i and dad recommended this pdf to discover.

-- Doyle Schmeler

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

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