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*LIMITLESS: A 300-Mile Run to Prove that*  
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--Rod Dixon, winner of the 1983 New York City Marathon, Olympic Medalist, two-time World Cross Country

Championship Medalist, and founder of

KiDSMARATHON "Build Your Running Body masterfully breaks down the

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faster than ever! Pete Magill is a master,

and that's not just an age group

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"Build Your Running Body is the most useful, info-packed, and comprehensive training manual I've ever read. Coaches will find it invaluable, and runners of all levels will use it as a complete guide to reaching their goals."--Amby Burfoot, 1968 Boston Marathon winner and Runner's World editor-at-large

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When want to increase running pace, it's important your training regime incorporates speed runs with mobility and recovery workouts to build muscle strength.

## **How to create your own running**

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**training plan, for every ...**

**BUILD YOUR RUNNING BODY** Just as weightlifters target muscle groups, we runners need to target the individual components of our running body. Specificity in training, not some generic quantity of...

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– July 29 2014 by Pete Magill (Author), Thomas Schwartz (Author), Melissa Breyer (Author), 4.7 out of 5 stars 219 ratings See all 2 formats and editions

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Build a support system: Equip your routine with things that will make you feel good, says Duhigg. Run with friends or go to a parkrun, and track your miles so you can see your progress.

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Whether you're a miler or an ultramarathoner, if you want a fit, fast, and injury-resistant running body, there's a better way to train than relentlessly pursuing mileage. This easy-to-use workout manual draws on the latest research in running physiology to target all the components that go into every stride--including muscles, connective tissue, cardiovascular fitness, energy production, the ...

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