

## Build Your Running Body Ultramarathonersaeurorun

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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 essentials of running-specific training and will help bring you to the starting line of your next race happier, healthier, and faster than ever! Pete Magill is a master, and that's not just an age group designation!

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### **Build Your Running Body: A Total-Body Fitness Plan for All ...**

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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