

RUNNER'S WORLD®

**REVISED
AND
UPDATED**

Complete Book of Running



Everything You Need
to Run for Weight Loss,
Fitness, and Competition



EDITED BY **AMBY BURFOOT**

Editor-at-Large, **RUNNER'S WORLD**®, and Winner of the 1968 Boston Marathon

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This book is intended as a reference volume only, not as a medical manual. The information given here is designed to help you make informed decisions about your health. It is not intended as a substitute for any treatment that may have been prescribed by your doctor. If you suspect that you have a medical problem, we urge you to seek competent medical help.

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