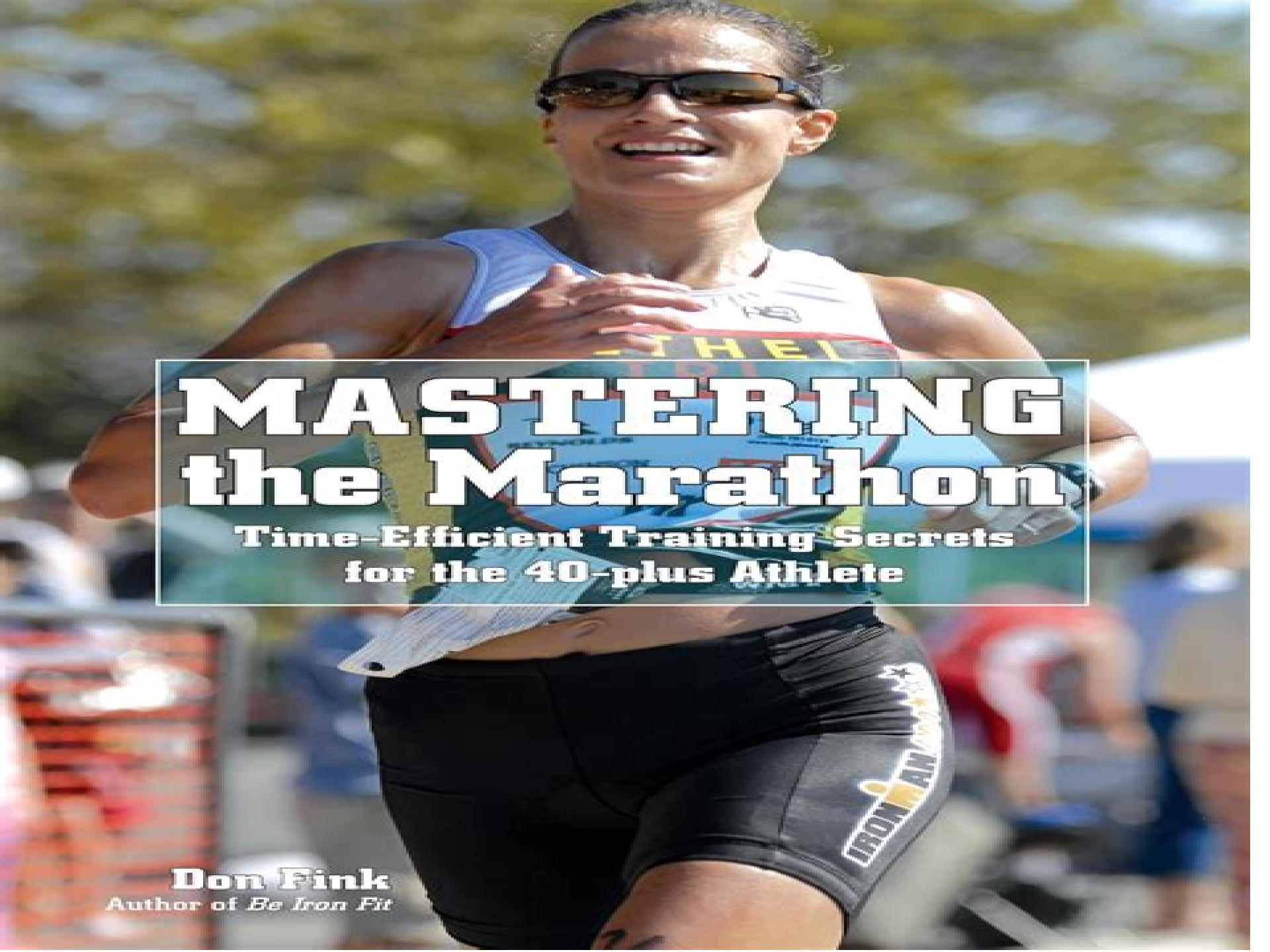




MASTERING the Marathon

**Time-Efficient Training Secrets
for the 40-plus Athlete**

Don Fink

Author of Be Iron Fit

Mastering The Marathon Time Efficient Training Secrets For The 40 Plus Athlete

TD Snyder



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