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Colaborador de la revista *Runners* y de *Marca.com*

El manual del buen corredor



Consejos y pautas para todos los niveles, desde el principiante al maratoniano
Incluye planes de entrenamiento para todo tipo de corredores
Enseñanzas para disfrutar del atletismo y convertirte en un gran corredor



El Manual Del Buen Corredor Fuera De Coleccion

Ensheng Dong



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