



# Coach's Guide to Distance Running

*Jon Sutherland*

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## **Coach's Guide to Distance Running** Jon Sutherland

Coach's Guide to Distance Running is an excellent handbook and resource for inspiring young runners. Coach Jon details the key ingredients every student athlete needs to maximize their fitness and potential. Full of insights, stories about the great innovators, how the sport has evolved, personal tips, racing strategies, and full of inspirational quotes liberally spaced throughout the book Coach's Guide will surely encourage runners to head out the front door full of confidence and resolve.

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