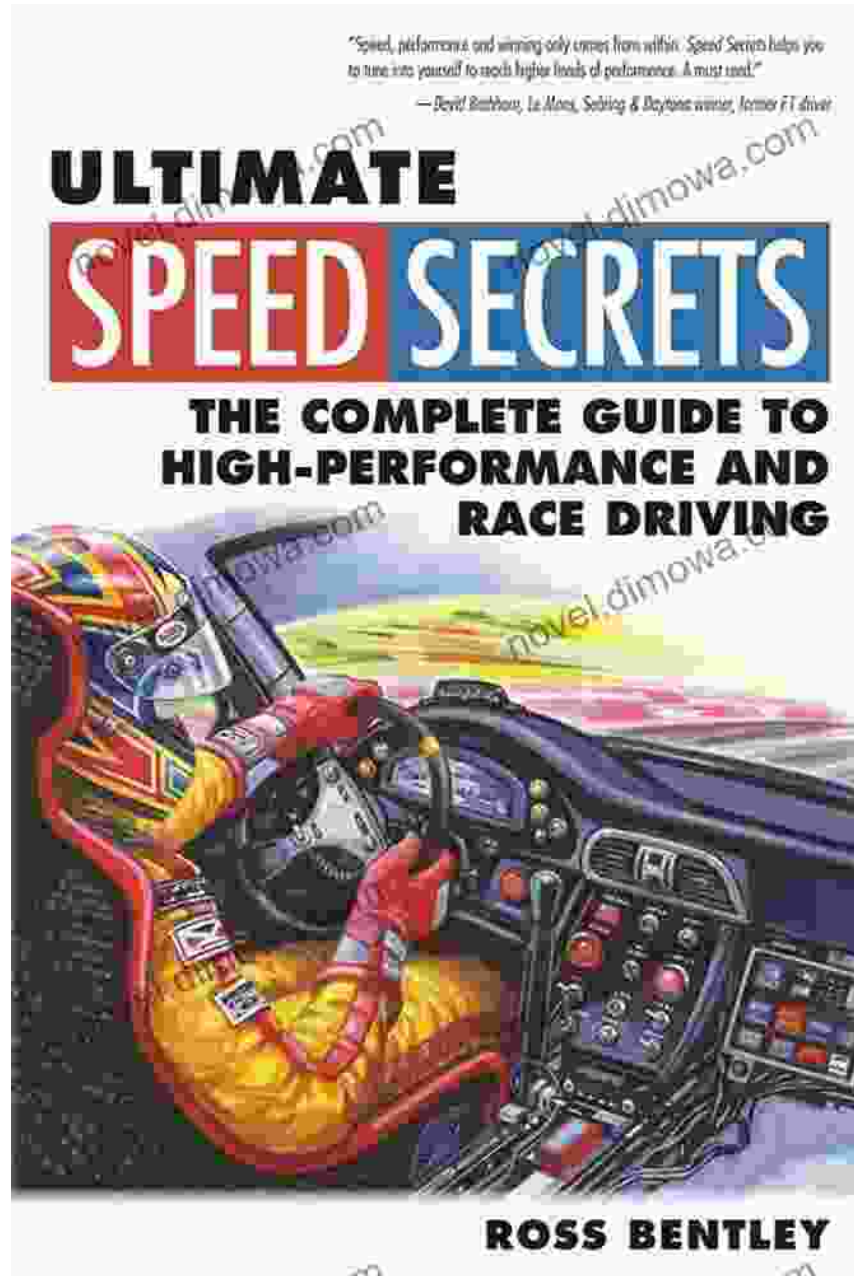


Speed Secrets: Unlocking the Secrets to Faster Running



Speed Secrets 4 by Ross Bentley

★★★★★ 5 out of 5

Language : English

File size : 957 KB

Text-to-Speech : Enabled



Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 164 pages



Are you ready to take your running to the next level? Ross Bentley's Speed Secrets is the ultimate guide to unlocking your running potential. This comprehensive guide provides everything you need to know about improving your speed, from training plans to nutrition tips.

Whether you're a beginner or an experienced runner, Speed Secrets has something for everyone. Bentley provides a wealth of information on:

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- Training plans for all levels
- Nutrition tips for runners
- Mental strategies for staying motivated
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With Speed Secrets, you'll learn how to:

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- Increase your stride length
- Boost your endurance

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- And achieve your running goals

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