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The Runners Handbook The Bestselling

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The Runner's Handbook: The Best-selling Classic Fitness ...

He is author of the book The Runner's Handbook: The Bestselling Classic Fitness Guide for Beginning and Intermediate Runners, which is a best-seller trade paperback. Another Glover book, The Competitive Runner's Handbook has sold nearly 200,000 copies. Glover is also notable for his coaching.

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The Competitive Runner's Handbook: Amazon.co.uk: Glover ...

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