

**Tim Noakes, MD**

FOURTH EDITION

**LORE  
OF  
RUNNING**

A silhouette of a person running on a dirt path that recedes into the distance. The path is illuminated from the side, creating a strong shadow of the runner on the ground.

*"For the serious runner or coach, this book is a must."*

*— Runner's World*

# Lore Of Running

**EW Minium**



## **Lore Of Running:**

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