

A photograph of two runners on a red track. The runner on the left is wearing a white tank top with a blue horizontal stripe and blue shorts. The runner on the right is wearing a yellow tank top and dark shorts. They are both in mid-stride, running towards the camera. The background shows a green field and a blue sky.

The Self-Coached Runner

Allan Lawrence & Mark Scheid
Foreword by Pat Clohessy,
Australian National Coach, Distance Running

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