

# build your running body a total fitness plan for all distance runners from milers to ultramarathoners run farther faster and injury pete magill

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Discover how to build your ultimate running body with a comprehensive fitness plan designed for all distance runners. From competitive milers to endurance ultramarathoners, this guide provides strategies to help you run farther, achieve greater speed, and stay injury-free throughout your training journey, inspired by Pete Magill's insights.

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Whether you're a miler or an ultramarathoner, if you want a fit, fast, and injury-resistant running body, there's a better way to train than relentlessly ...

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This book covers so much beyond just running to maintain one's fitness. I appreciate the 12 week guide for beginner runners. I'm into week 5, and it's perfect!

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