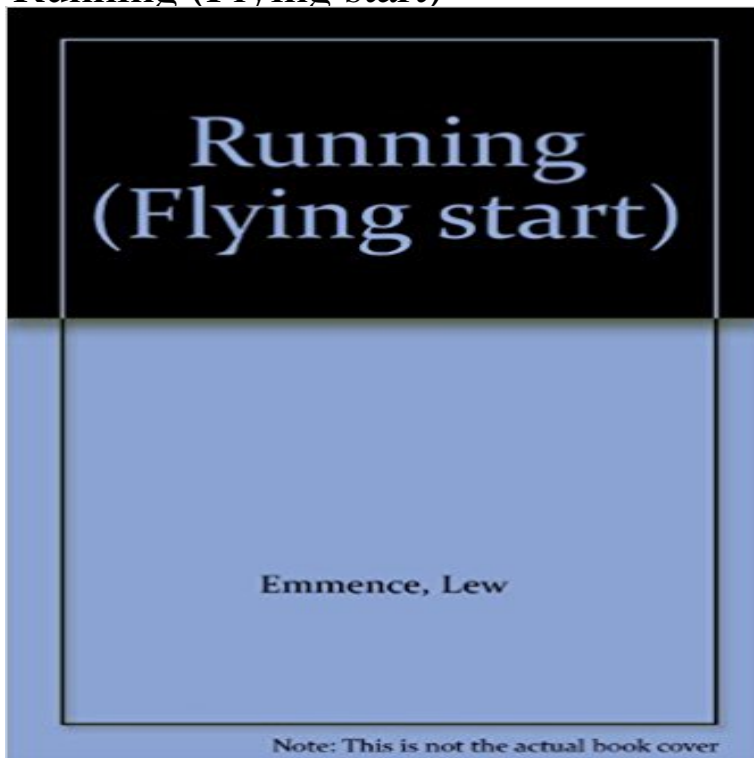


## Running (Flying start)



This series is for children who are just taking up a sport and want to know more about it. Each book explores the basics and explains the skills needed for participation, providing exercises where appropriate, and also offers an insight into top-level competition. Safety warnings are given high priority throughout the series. This book focuses on running and offers a basic guide to such topics as its history, training and diet.

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**Running (Flying start)**

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