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Most important, it is written the way we coach--in a fun, lively style that will get you pumped up to enjoy your running and to run a great race. About the Author. Bob Glover and Shelly-Lyn Florence Glover are acclaimed coaches and the authors of the bestselling RUNNER'S HANDBOOK and RUNNER'S TRAINING DIARY.

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Bob Glover is best known as an author of instructional running books. 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.

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