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Marathon Training: Get to the Start Line Strong and Injury-Free, Nikalas Cook , 2012, zuzoveco.
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Ukc forums - training for marathons

Nik Cook who writes for 220 Tri mag and various others has a new book due out soon on marathon training co.uk/Marathon-Training-Nikalas-Cook/dp

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On the plus side, this run was on an empty(ish) stomach so gaining some brownie points on training. Cook for 30- 45seconds more, et voil .

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Nikalas Cook is a writer and coach who specializes in health, fitness, endurance and adventure sports. Having studied a postgraduate degree in Health and Exercise

Nikalas cook (author of marathon training)

Nikalas Cook is the author of Marathon Training (3.67 avg rating, 6 ratings, 0 reviews, published 2013)

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