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we'll outline two approaches to cross-training for runners: 1) Cross train. Cross-training, Matt. 2004. Runner s World Guide to Cross Training.

Matt fitzgerald | writer, athlete, trainer

Matt Fitzgerald is an acclaimed author, highly sought-after coach of runners and triathletes, custom training plans,

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Matt Fitzgerald is the author of numerous books Racing Weight, Brain Training for Runners, and The Runner s Diary. Runner s World, Bicycling, Running

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