



# Train Hard, Win Easy: The Kenyan Way

*Toby Tanser*

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# Train Hard, Win Easy: The Kenyan Way

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## **Train Hard, Win Easy: The Kenyan Way** Toby Tanser

This item is dedicated to enduring runners with the tenacity for championship. It is based on the Kenyan model runners who train hard to clinch championship in world encounters. The book is helpful to the casual runner and the competitive one who has the zeal making world records.

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