



The All New MY BEST RACE: A Training Manual for Runners

Richard M Diaz

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The All New MY BEST RACE Training manual for runners is updated with more training information and more training templates offered for nearly half the price of the original. If you liked the information in the first book, you'll love all the new information and expanded training tips in the All New Version! Richard Diaz is an expert in heart rate specific training for runners and this unique approach to training makes training with heart rate not only make sense but it is really easy to follow. The system has been employed by countless runners who all find results beyond expectation. This is a must read for every runner from newbie to advanced.

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