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Lissa cook pr blog

Lissa Cook, PR, Public Relations, Heason Events, Marathon Training by Nikalas Cook, reviewed by Si Homfray, who is running way beyond a marathon.

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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

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

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' marathon training' by nikalas cook - the running

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