

**BREAK
YOUR PR**
PROVEN SOLUTIONS TO A HEALTHIER, FASTER,
& SUCCESSFUL MARATHON



Don't Hit A Wall At The 20th Mile! If You're A Runner, Now You Can Increase Your Speed, Stamina And Strength, And Dominate The Marathon!

With just 4 days a week of training, you can DOMINATE in your runs, regardless of your age, gender, current running speed or skill level!

From the desks of Jill Bruyere and Ben Greenfield
BruyereFitness and BenGreenfieldFitness
(206) 660-2853
November 22, 2014 7:22AM



Dear Runner:

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marathon training 12 weeks intermediate

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