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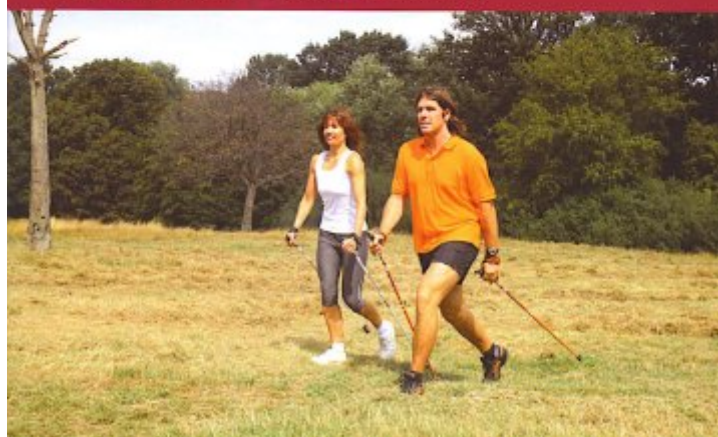
# Stride And Glide: A Manual Of Cross-country Skiing And Nordic Walking



## STRIDE AND GLIDE

A manual of cross-country skiing and Nordic walking

Paddy Field and Stuart Montgomery



## Synopsis

This comprehensive guide to cross-country skiing has been written for beginners and advanced skiers alike, and for track enthusiasts as well as mountain tourers. It also gives detailed coverage of Nordic walking and contains chapters on general fitness and on building a training programme.

## Book Information

File Size: 2237 KB

Print Length: 166 pages

Publication Date: April 7, 2012

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B007SF3SNG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #909,577 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #45

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