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horizontal propulsion with minimal vertical oscillation will help you run further Ken Mierke, developer of Evolution Running Training for Triathlon;

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Running slow to run faster. Ken Mierke is author of The Triathlete's Guide to Run Training and developer of Evolution Running.

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The Triathlete s Guide to Run Training is a comprehensive approach to running and nationally known triathlon and running coach Ken Mierke helps triathletes

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## **Mierke ken - abebooks**

Triathlon Training : Running. Ken Mierke. Published by A&C Black (2005) The Triathlete's Guide to Run Training. Mierke, Ken. Published by Velopress 01/03/2015

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ken mierke run technical advisor; USA Triathlon Certified Coach; Author of the highly acclaimed Evolution Running DVD and Run Training Book;

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Ken Mierke created Evolution Running, He has contributed to Inside Triathlon, VeloNews, Metro Sports Washington DC, and Rocky Mountain Sports. Books by Ken Mierke.

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Ken Mierke says you should focus on endurance versus speed when swimming. Photograph courtesy of DC National Triathlon A Triathlon Champ s Swim Workout:

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Triathlon Training; Give It A Tri; in this issue I will discuss keys for uphill running. Ken Mierke is a two-time world champion triathlete

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### **Ken mierke (author of the triathlete's guide to**

Ken Mierke is the author of The Triathlete's Guide to Run Training (3.84 avg rating, 19 ratings, 0 reviews, published 2005),

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