

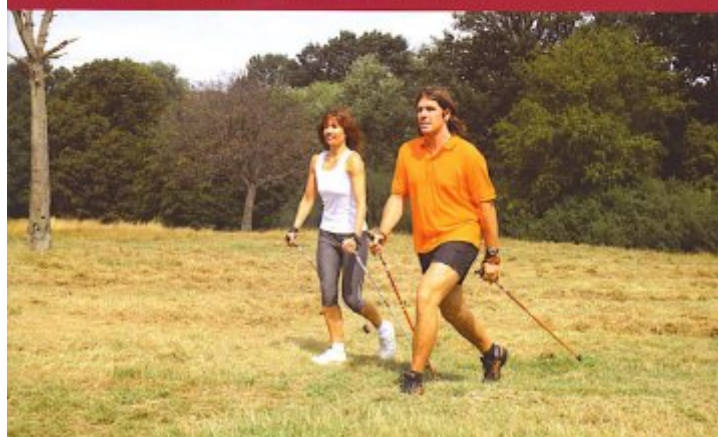
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# Stride And Glide: A Manual Of Cross-country Skiing And Nordic Walking



## 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

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