

the rookie guide to pdf

Printable Schedule (PDF) Marathon Day: Tapering in the final weeks before the marathon will help your body recover from marathon training and be strong for your big day.

Marathon Training - MarathonRookie.com

Date Time Replica Home Team Score Away Team Score 10/11/2018 7:00 Fenway Off the Hook 16 vs Bad Boyz 14 7:00 Tiger Platinum 22 vs Sons Of Pitches 7 10:00 Tiger Baseline Mafia 11 vs Ice It 22 10/18/2018 9:00 Fenway Baseline Mafia 21 vs Off the Hook 9 9:00 Tiger Bad Boyz 6 vs Platinum 19 10:00 Wrigley Ice It 18 vs Sons Of Pitches 9 10/25/2018

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