



ASSAULT FITNESS

# Treadmill Training For Runners

**JS Bruner**



## **Treadmill Training For Runners:**

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web the school was given the new name of s t high school in 1966 after syedna tahir saifuddin then the chancellor of the

aligarh muslim university at present the school is known as s t s school the school has also been imparting education to the students of xi and xii since 1996 1997 for students from outside aligarh the school maintains four

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