

## Fit For Rugby By R Hazeldine;Tom McNab

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about improving our exercise and nutrition, cannot think yourself fit. and Tom McNab, The RFU Guide to Fitness for Rugby , A & C Black (Publishers)

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1991 Fit for Rugby (with R.Hazeldine) 1989 Speed; 1986 The triple jump; 1986 The Fast Men (declared "the greatest book ever written on athletics") 1984

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