

**Effect of Continuous and Alternate Pace Endurance
Training on Selected Physical and Physiological
Variables of Long-Distance Runners**

**लंबी दूरी के धावको के चयनित भौतिक और शारीरिक चरो पर
निरंतर और वैकल्पिक गति सहनशीलता प्रशिक्षण का प्रभाव।**

**A
Thesis**

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