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Runners About Effort-Based Training By Roy T.  
Benson**

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## **Roy t. benson (author of heart rate training) -**

Roy T. Benson, MPE, CFI, is an exercise scientist and distance-running coach. He has run competitively for more than 40 years, Roy T. Benson s Followers.

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Roy Benson, running coach, based on the training including Heart Rate Training and Coach Benson s Secret Workouts: Coachly Wisdom for Runners

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