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"Be fit or be damned", was the mantra of Percy Cerutti (1895-1975), legendary Australian distance running coach. Cerruty was ahead of his time implementing heavy weight training with his distance athletes, which at the time and until recently, late 1990's, was considered pointless, because of the associated mass gain, which for a distance runner would be fatal.

~~Naude's Gym — Fit or Damned—~~

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~~Be Fit or Be Damned! : Percy Wells Cerutti : 9781496029980~~

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