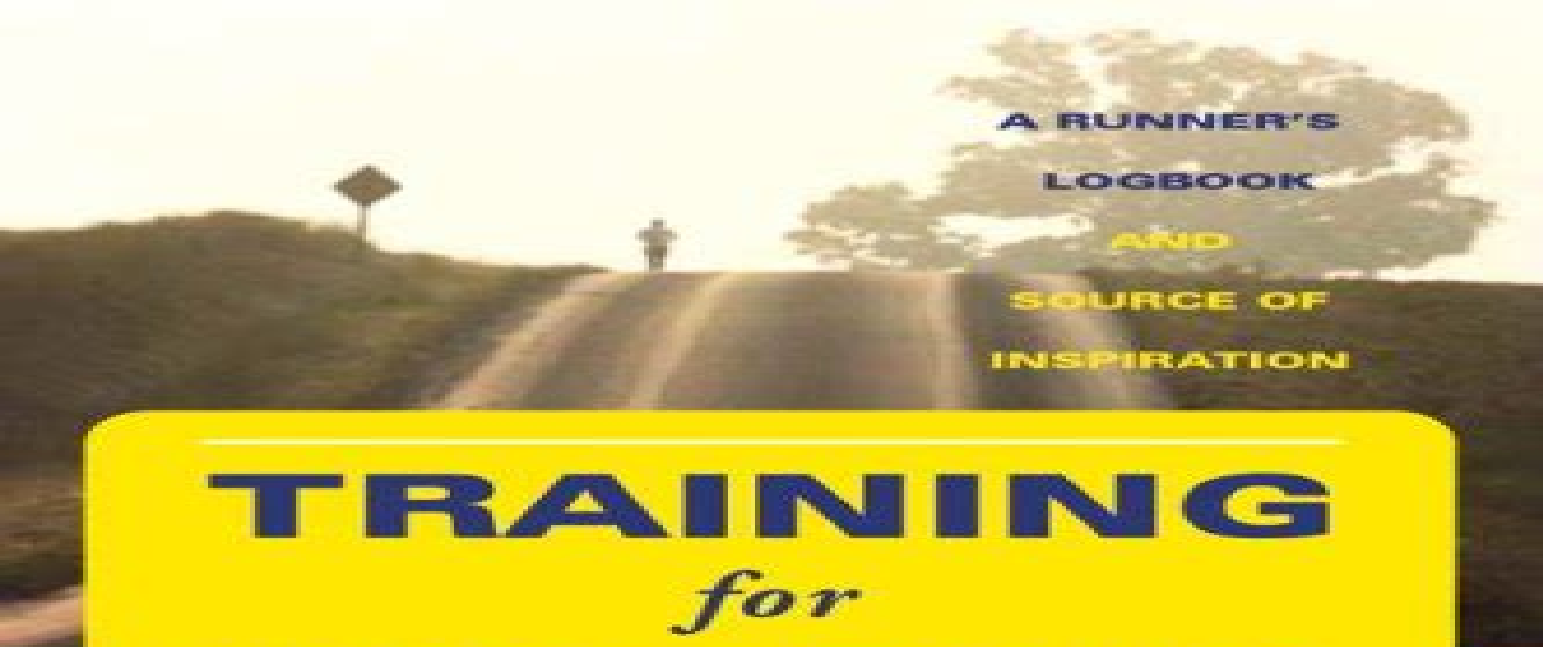




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# Training For Mortals A Runners Logbook And Source Of Inspiration

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