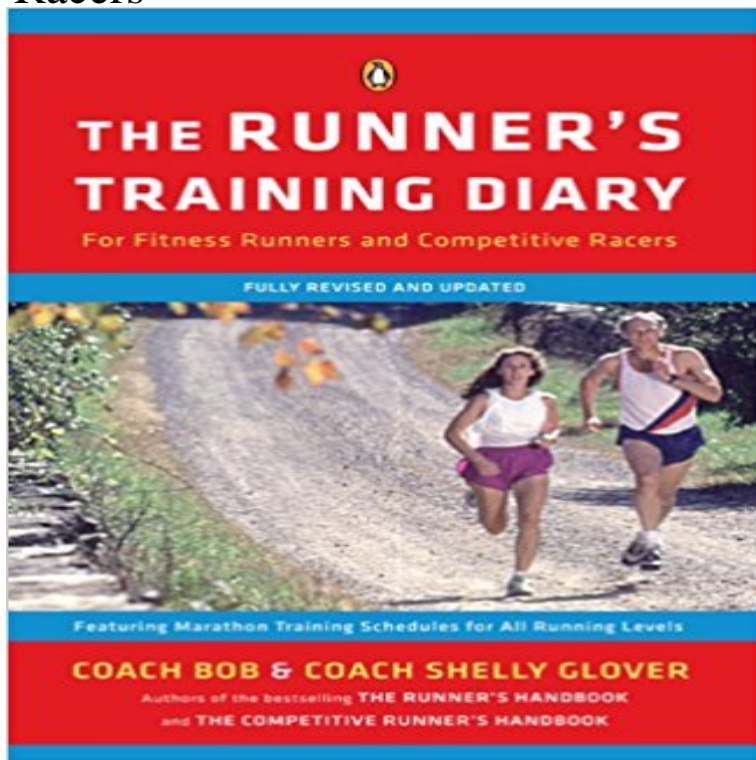


# The Runners Training Diary: For Fitness Runners and Competitive Racers



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