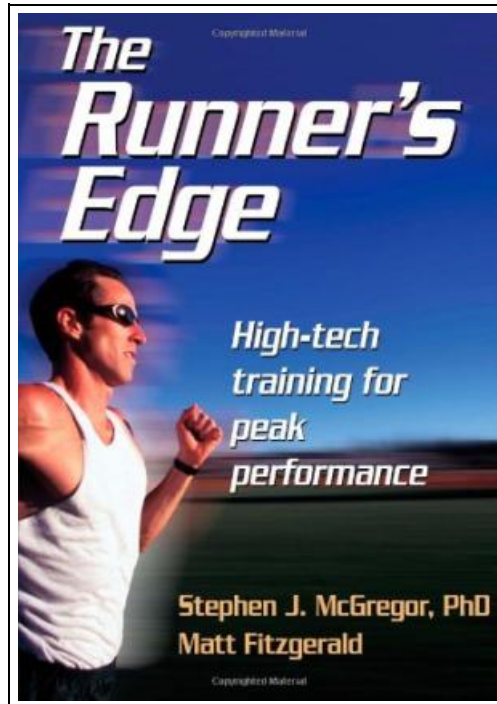# The Runner's Edge: High-tech Training for Peak Performance

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