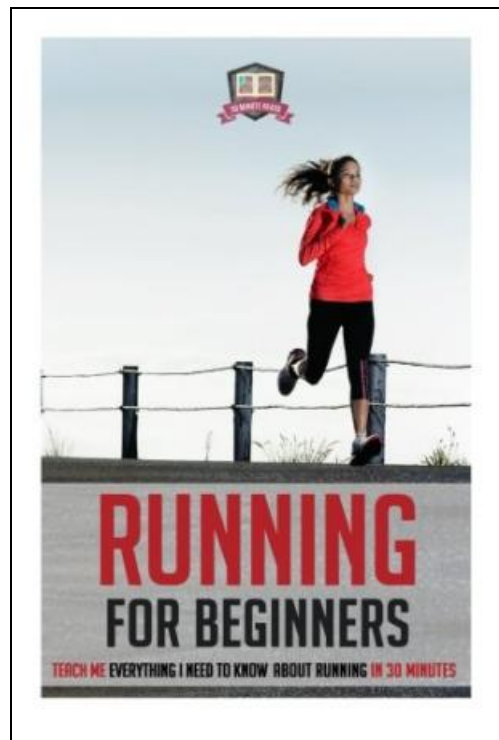


## Running for Beginners: Teach Me Everything I Need to Know about Running in 30 Minutes



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