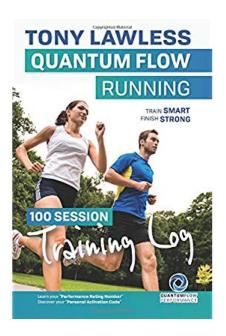
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## **About Quantum Flow Running Training Log: Train Smart, Finish Strong - Tony Lawless**

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