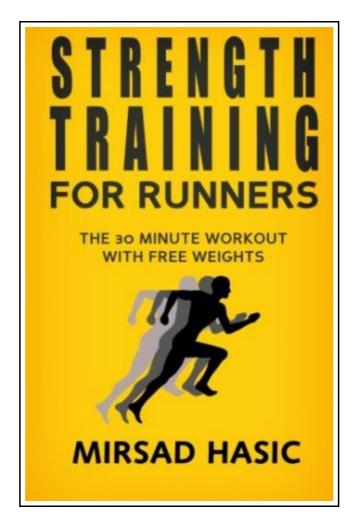
Strength Training for Runners



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STRENGTH TRAINING FOR RUNNERS



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