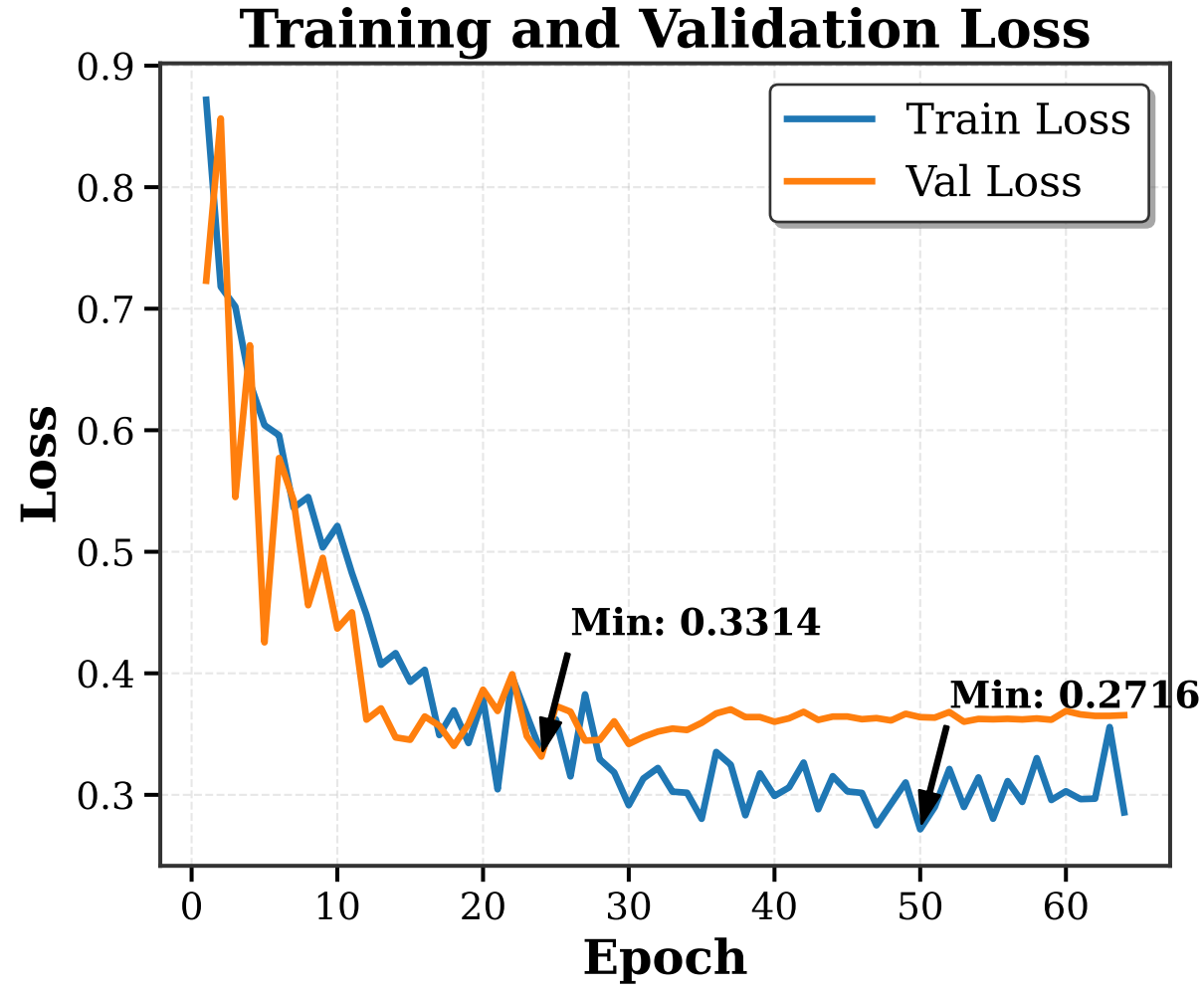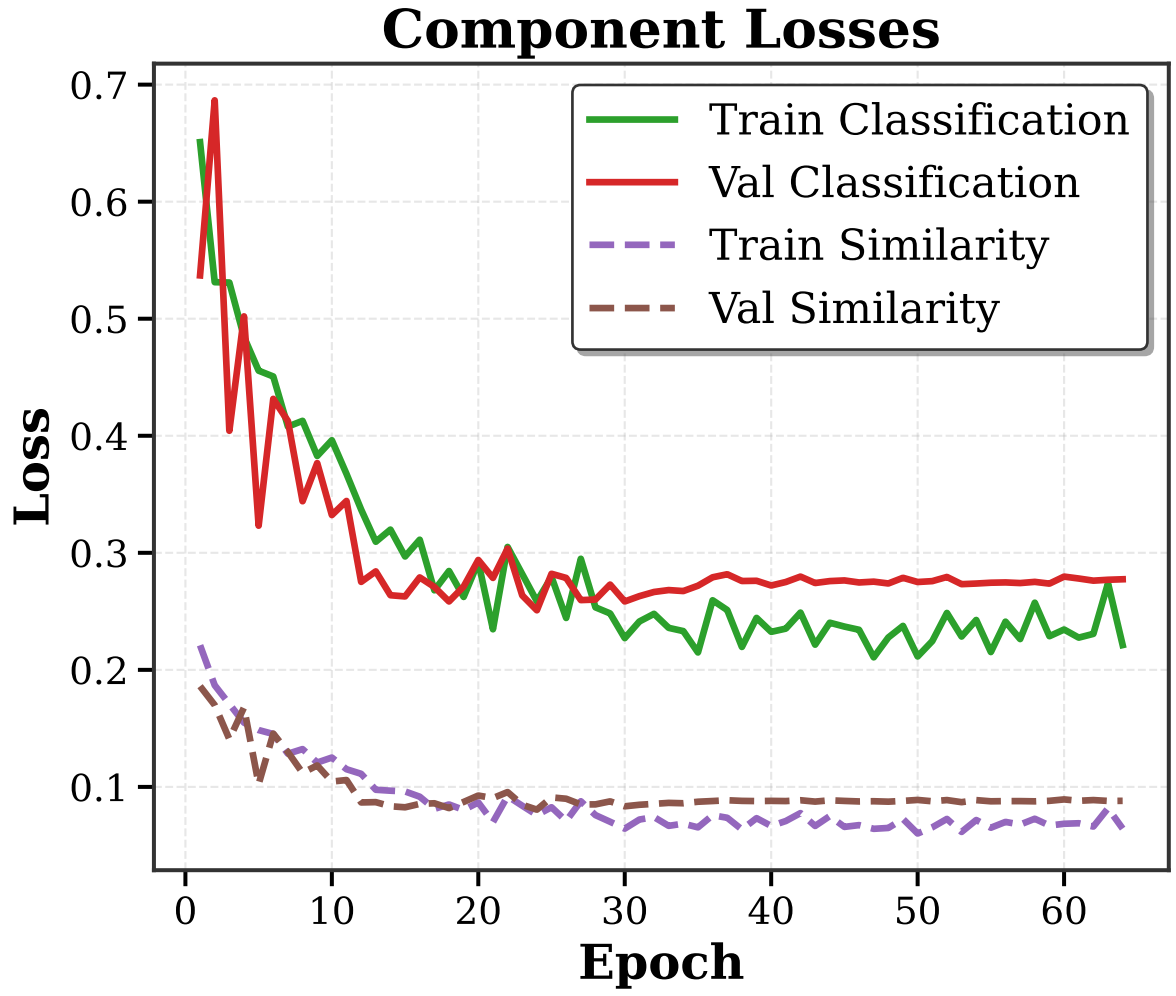Training Dynamics