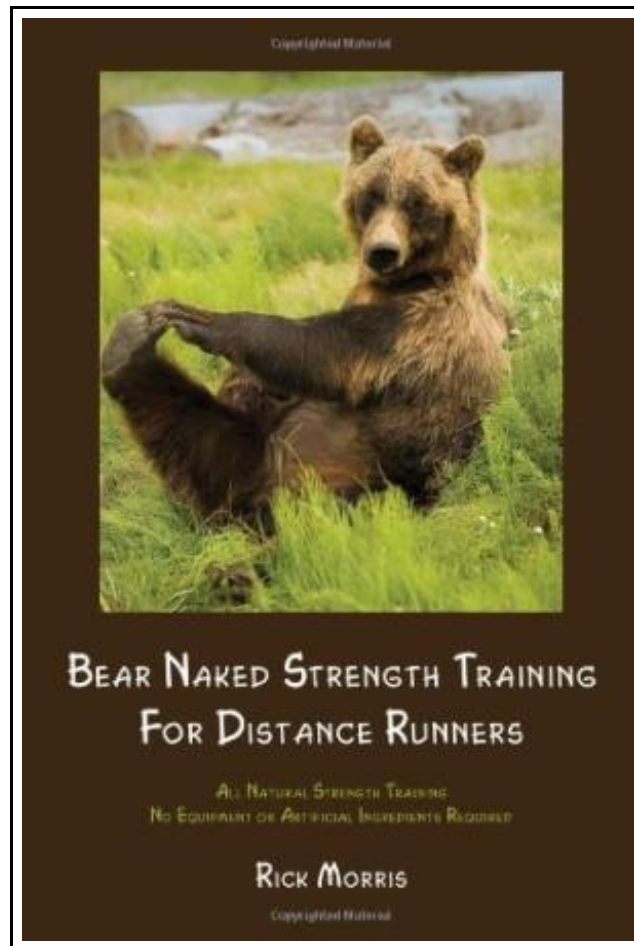


## Bear Naked Strength Training for Distance Runners



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