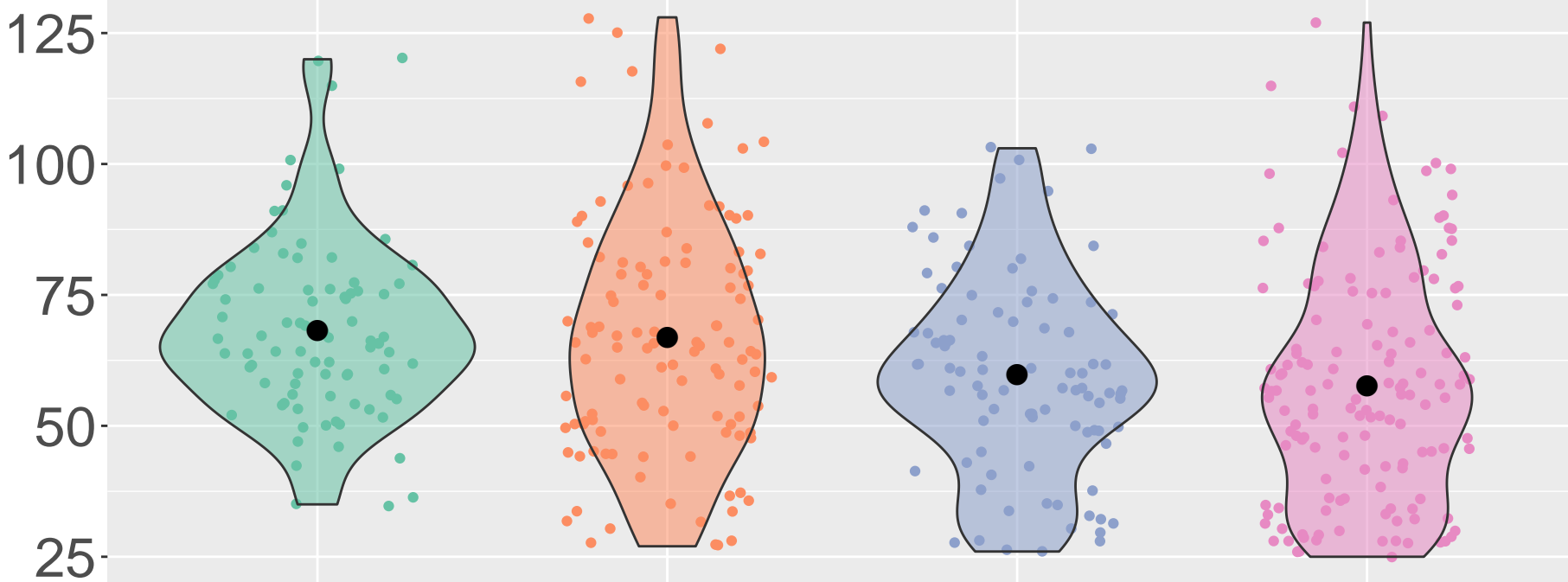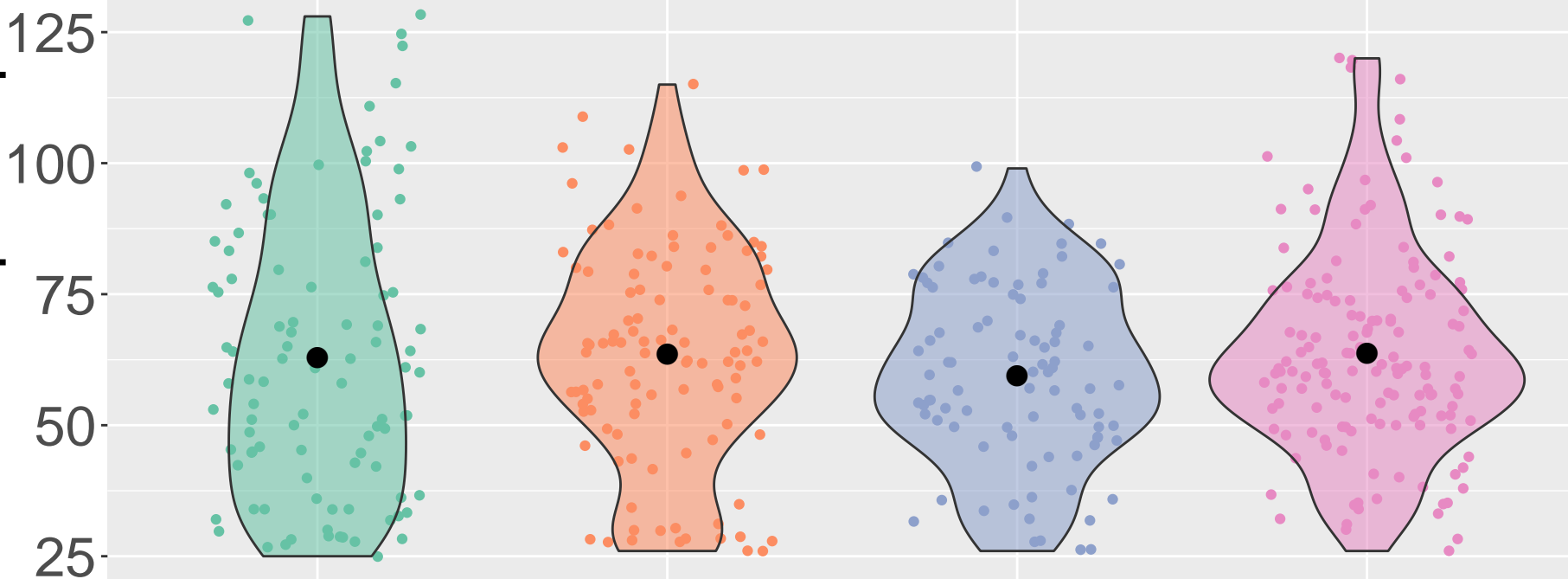Training phase