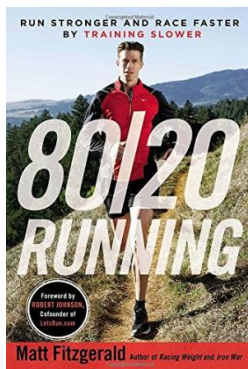


## 80/20 Running: Run Stronger and Race Faster By Training Slower



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