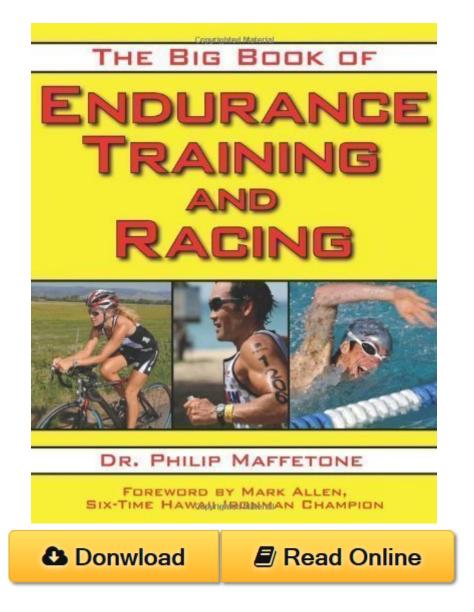
## The Big Book of Endurance Training and Racing by Maffetone, Philip (2010) PDF



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