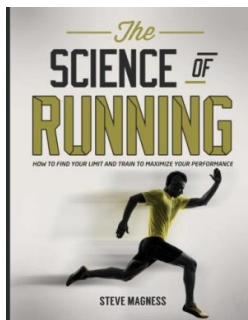


## The Science of Running: How to Find Your Limit and Train to Maximize Your Performance



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