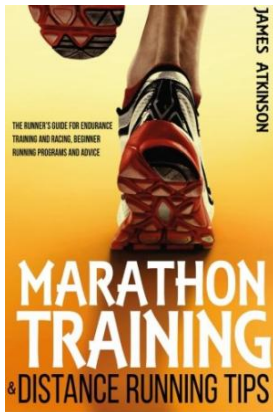


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# MARATHON TRAINING DISTANCE RUNNING TIPS: THE RUNNERS GUIDE FOR ENDURANCE TRAINING AND RACING, RUNNING PROGRAMS FROM AN EX-AIRBORNE SOLIDER



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- Authored by James Atkinson
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