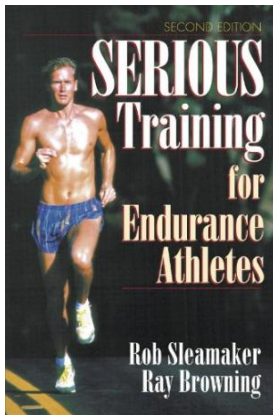


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## SERIOUS TRAINING FOR ENDURANCE ATHLETES (2ND EDITION)



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