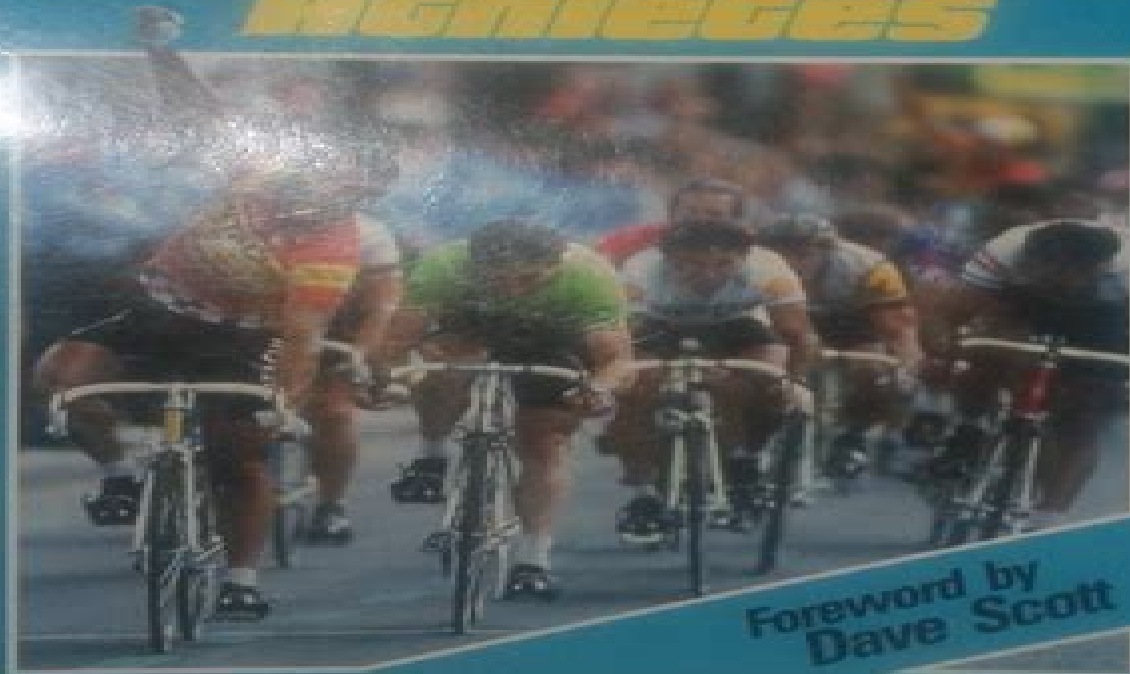


Comprehensive Training Plans for Endurance Sports

SERIOUS *Training for* **SERIOUS** *Athletes*



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