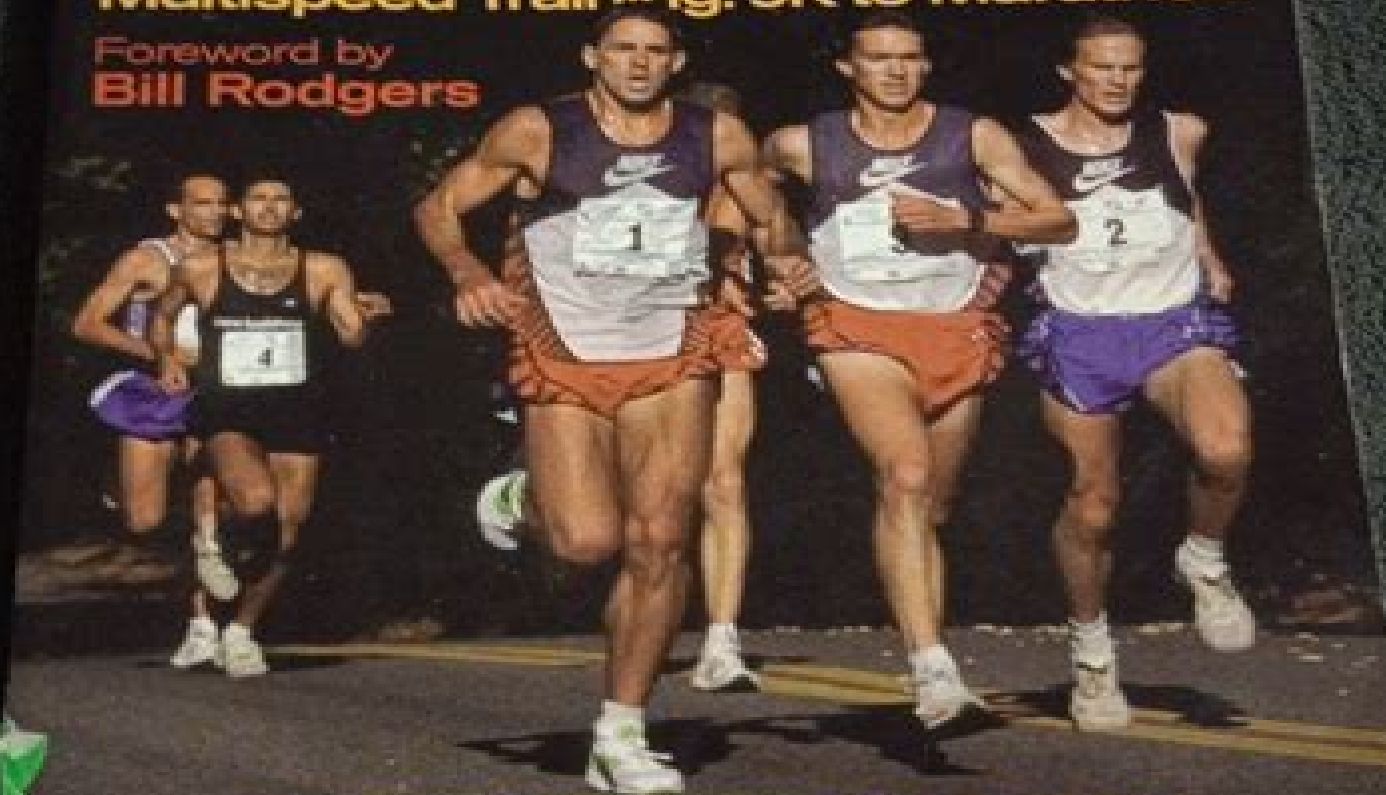


ROAD RACING for Serious RUNNERS

Multispeed Training: 5K to Marathon

Foreword by
Bill Rodgers



**PETE PFITZINGER
SCOTT DOUGLAS**

Road Racing For Serious Runners

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web feb 16 2021 in simple terms all the field input and output devices are wired to the plc and the ladder logic program decides what outputs to trigger depending on the status of the input signals in basic terms plcs execute ladder logic by first reading all the input states and storing them into memory

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