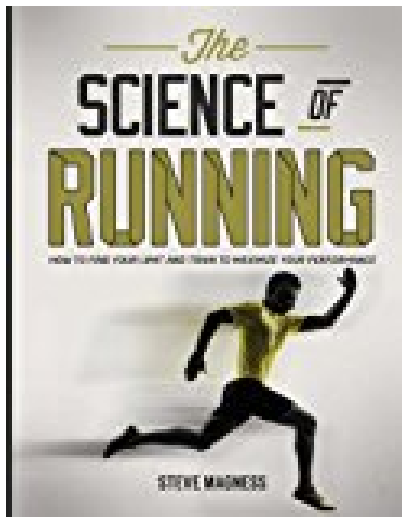


The Science of Running How to find your limit and train to maximize your performance



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BOOK SYNOPSIS

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