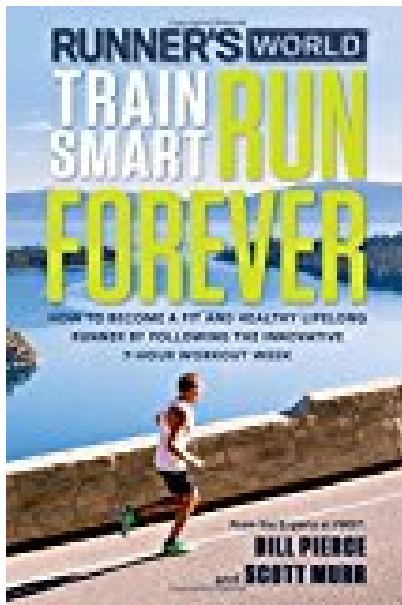


Runners World Train Smart Run Forever How to Become a Fit and Healthy Lifelong Runner by Following The Innovative 7-Hour Workout Week



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