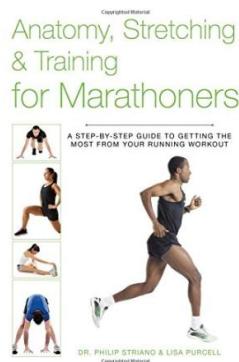


## Anatomy, Stretching Training for Marathoners: A Step-By-Step Guide to Getting the Most from Your Running Workout



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