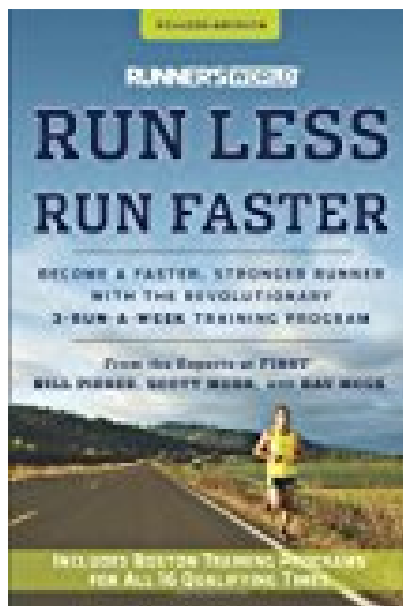


Runners World Run Less Run Faster Become a Faster Stronger Runner with the Revolutionary 3-Run-a-Week Training Program



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