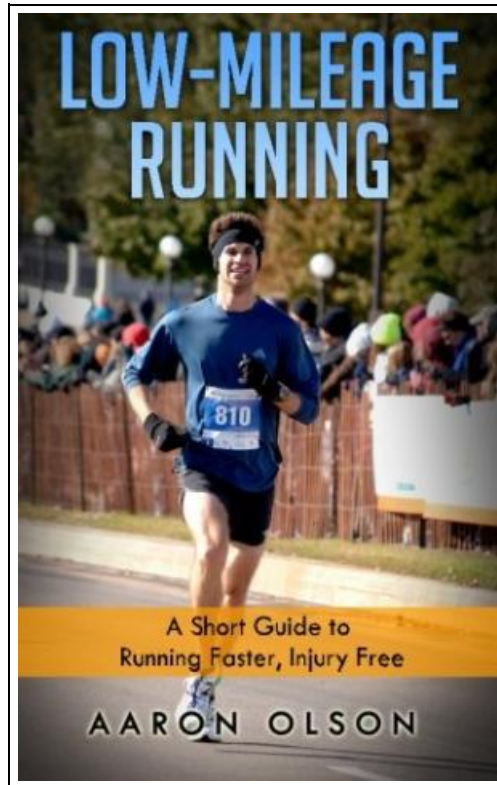


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LOW-MILEAGE RUNNING: A SHORT GUIDE TO RUNNING FASTER, INJURY FREE



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