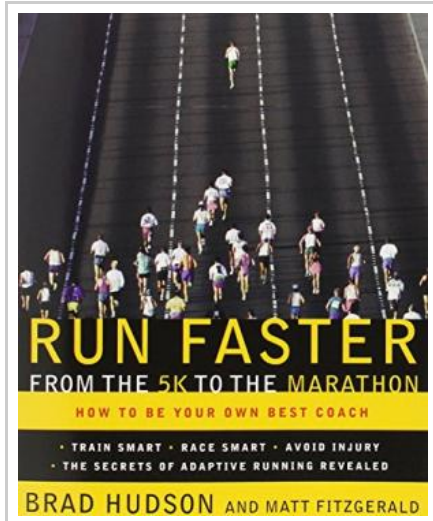




Run Faster from the 5K to the Marathon: How to Be Your Own Best Coach

By Matt Fitzgerald

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