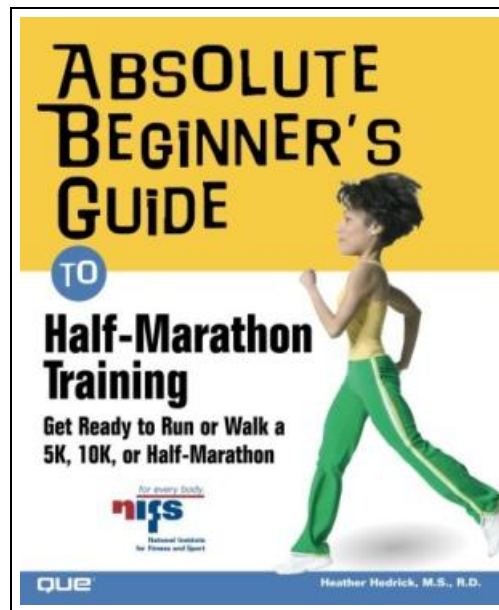


## Absolute Beginner's Guide to Half-Marathon Training: Get Ready to Run or Walk a 5K, 8K, 10K or Half-Marathon Race



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