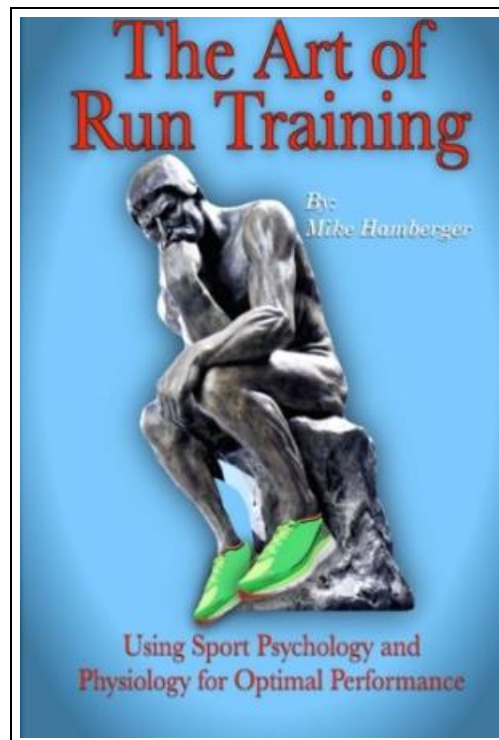


## The Art of Run Training: Using Sport Psychology Physiology for Optimal Performance



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