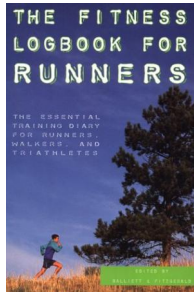


## The Fitness Log Book for Runners: The Essential Training Diary for Runners, Walkers, and Triathletes



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