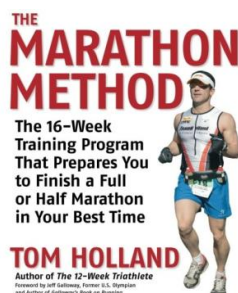


The Marathon Method: The 16-Week Training Program that Prepares You to Finish a Full or Half Marathon in Your Best Time



Book Review

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