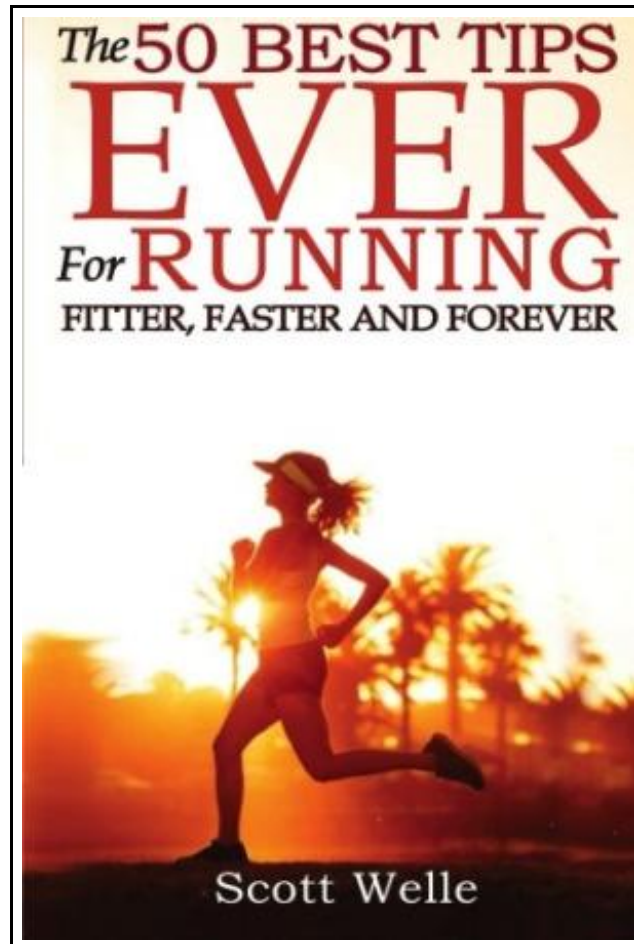


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THE 50 BEST TIPS EVER FOR RUNNING FITTER, FASTER AND FOREVER

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