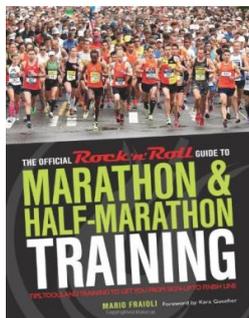


## The Official Rock 'n' Roll Guide to Marathon & Half-Marathon Training: Tips, Tools and Training to Get You from Sign-up to Finish Line



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