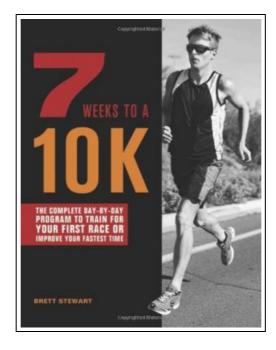
# 7 Weeks to a 10K: The Complete Day-by-Day Program to Train for Your First Race or Improve Your Fastest Time



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