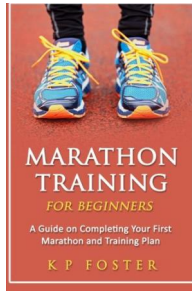


## Marathon Training for Beginners: A Guide on Completing Your First Marathon and Training Plan



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