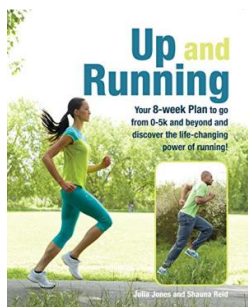


Up and Running: Your 8-Week Plan to Go from 0-5k and Beyond and Discover the Life-Changing Power of Running (Paperback)



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