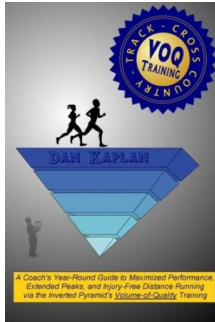


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# VOQ TRAINING FOR CROSS COUNTRY TRACK: A COACH S YEAR-ROUND GUIDE TO MAXIMIZED PERFORMANCE, EXTENDED PEAKS, AND INJURY-FREE DISTANCE RUNNING VIA THE INVERTED PYRAMID S VOLUME-OF-QUALITY TRAINING (PAPERBACK)



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- Authored by Dan Kaplan
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