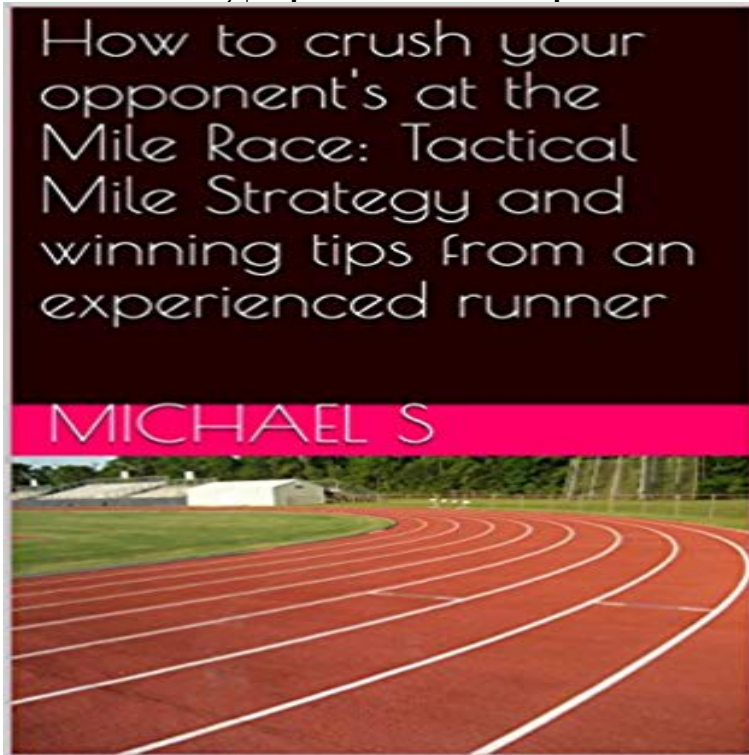


How to crush your opponents at the Mile Race: Tactical Mile Strategy and winning tips from an experienced runner



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