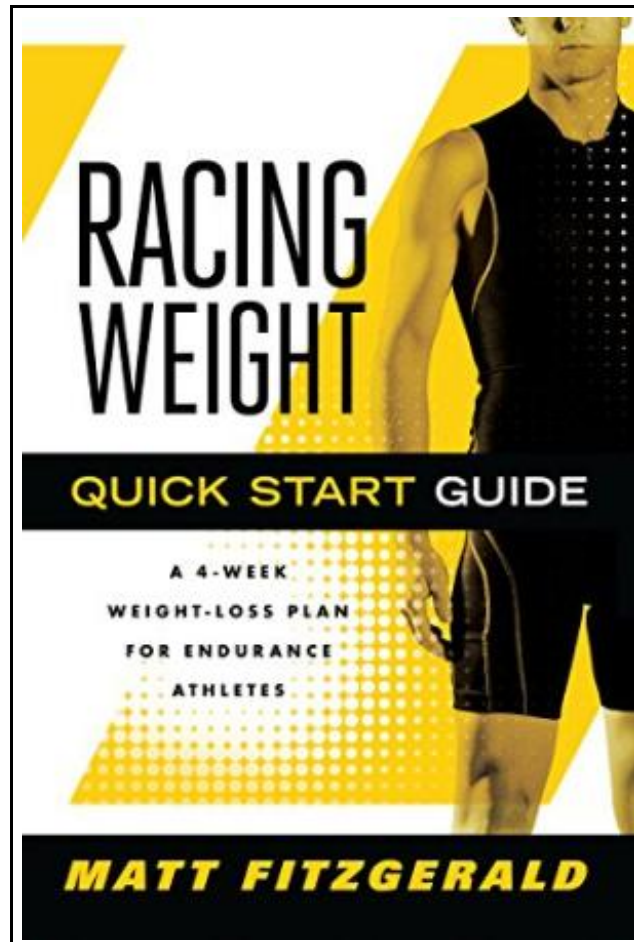


## Racing Weight Quick Start Guide: A 4-Week Weight-Loss Plan for Endurance Athletes



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