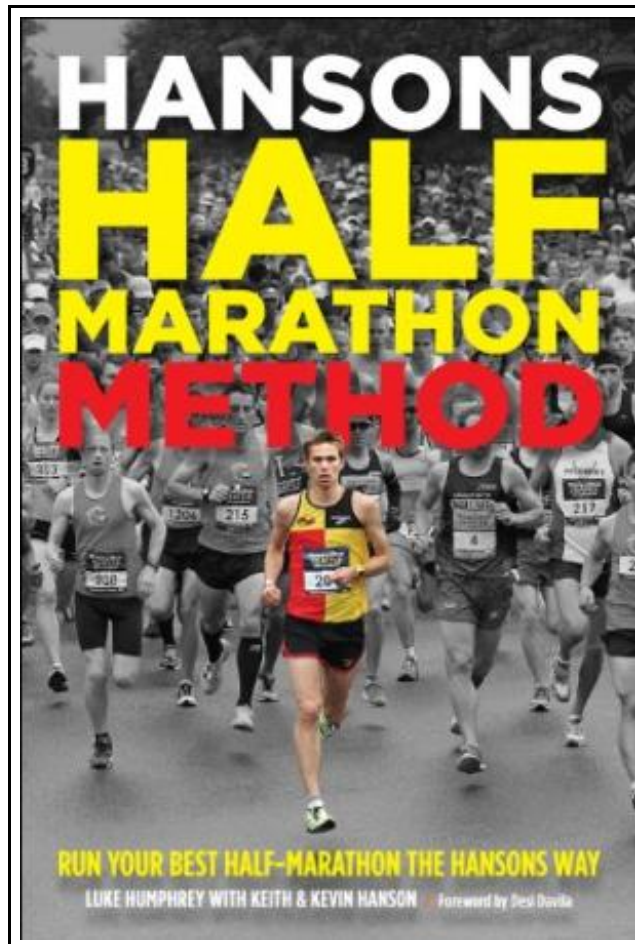


## Hansons Half Marathon Method: Run Your Best Half-marathon the Hansons Way



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