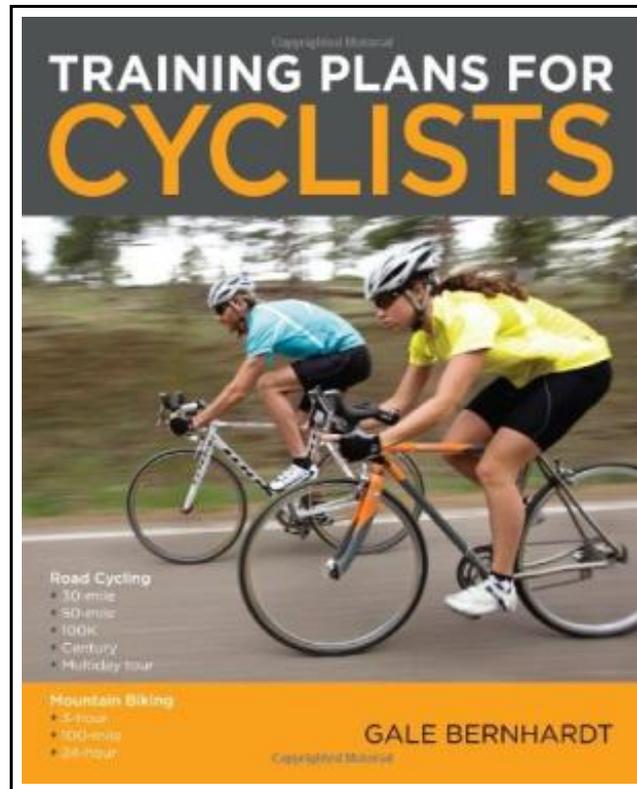


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TRAINING PLANS FOR CYCLISTS: ROAD CYCLING AND MOUNTAIN BIKING



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