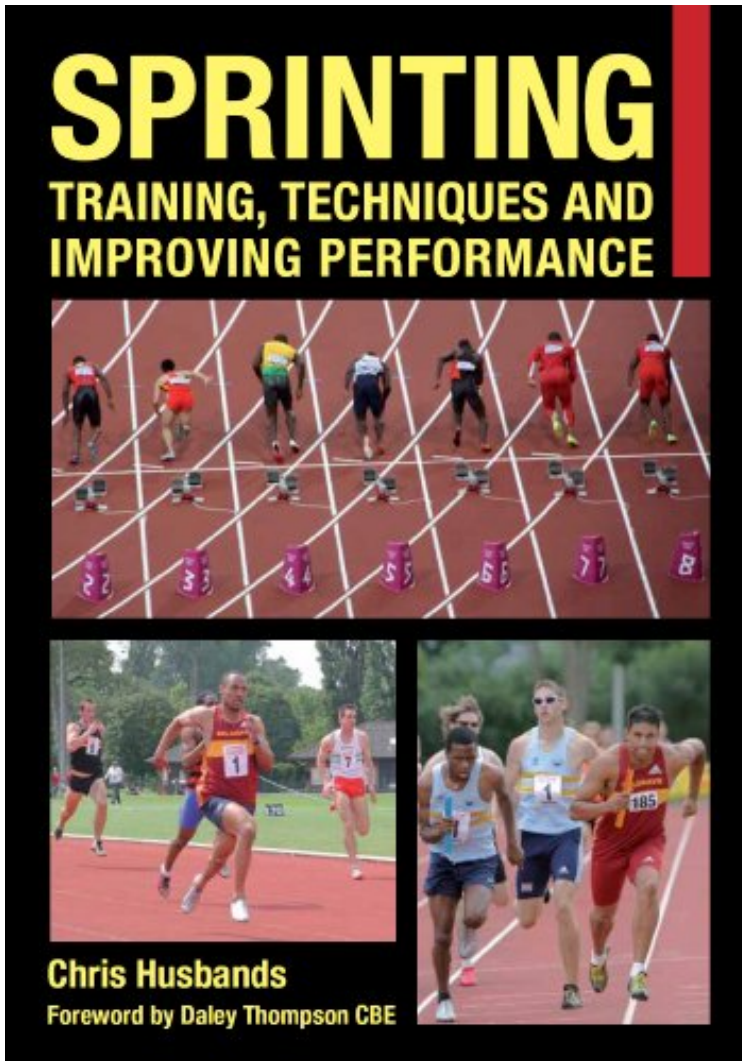


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# Sprinting: Training, Techniques and Improving Performance



*Par Chris Husbands*

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