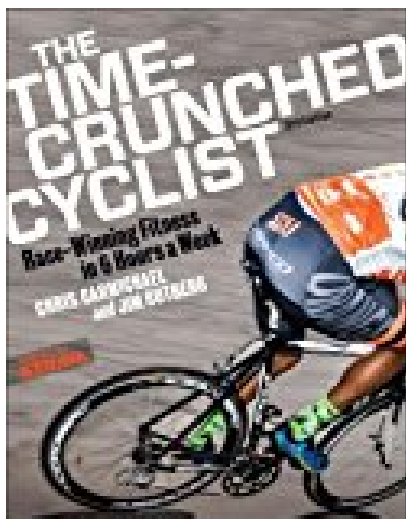


The Time-Crunched Cyclist Race-Winning Fitness in 6 Hours a Week 3rd Ed. The Time-Crunched Athlete



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