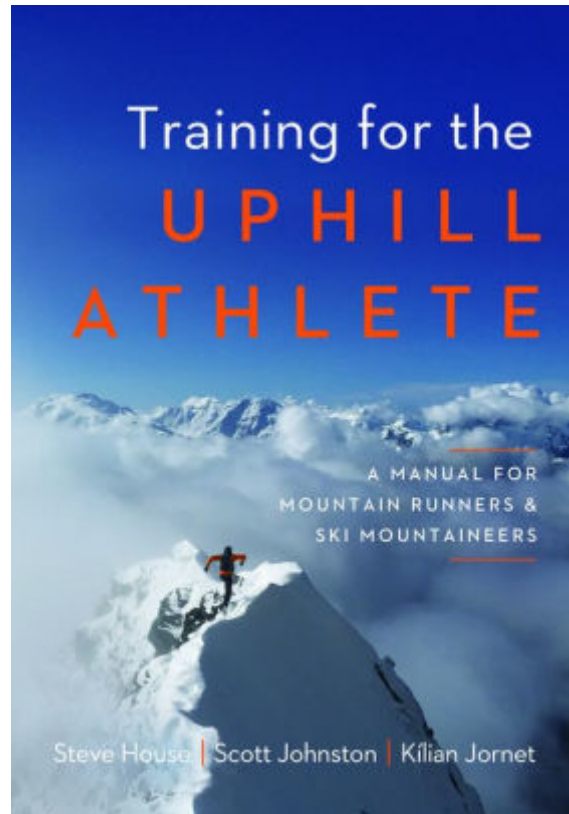


Training for the Uphill Athlete: A Manual for Mountain Runners and Ski Mountaineers

by Steve House, Scott Johnston, Kilian Jornet



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