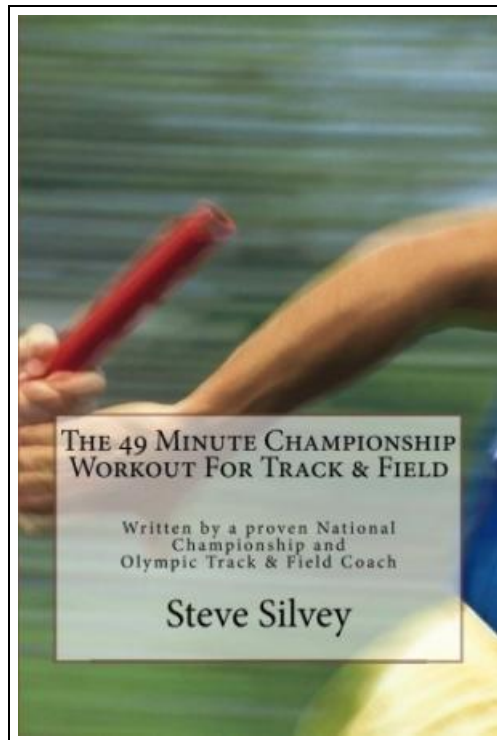


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
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THE 49 MINUTE CHAMPIONSHIP WORKOUT FOR TRACK FIELD: WRITTEN BY A PROVEN NATIONAL CHAMPIONSHIP AND OLYMPIC TRACK AND FIELD COACH



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