







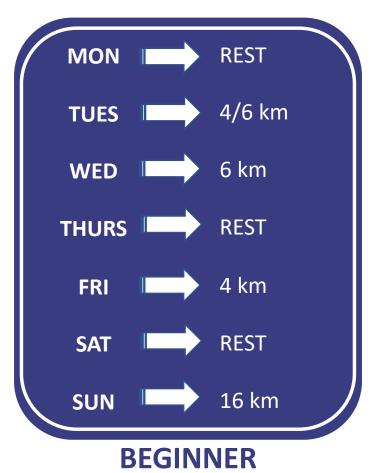


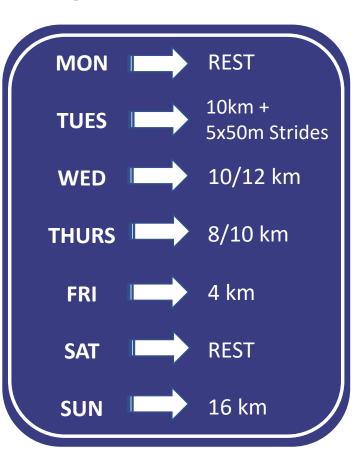




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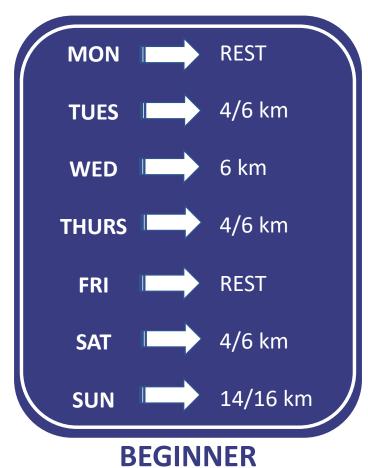


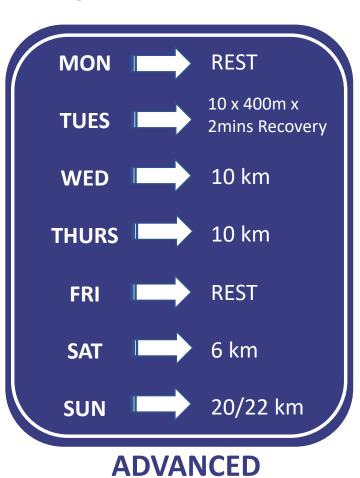






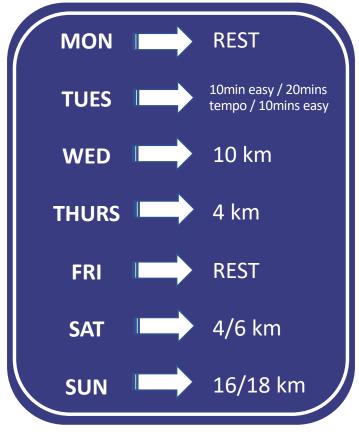










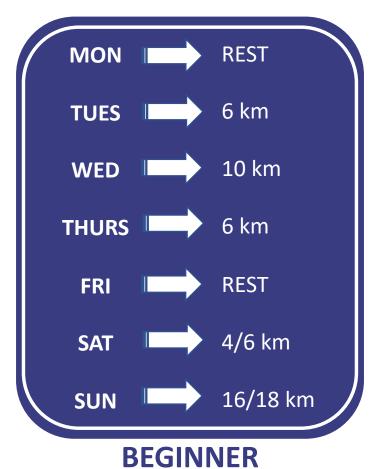


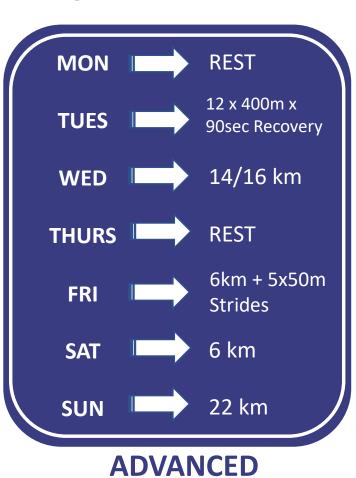




**BEGINNER** 

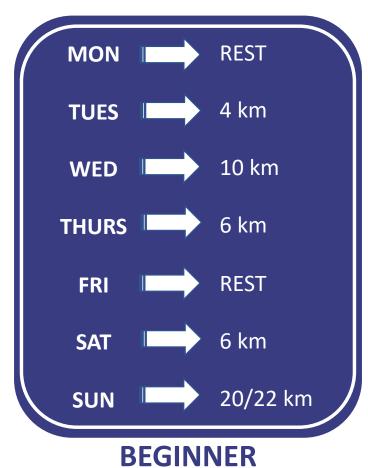


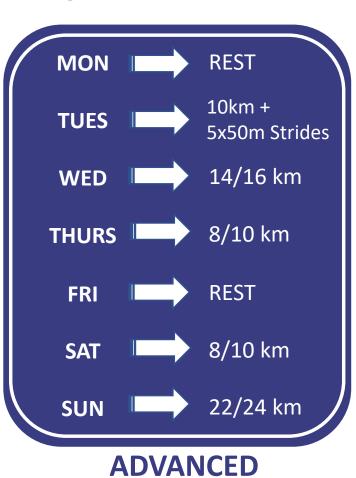






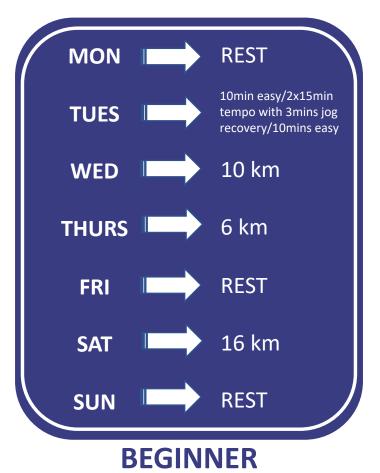


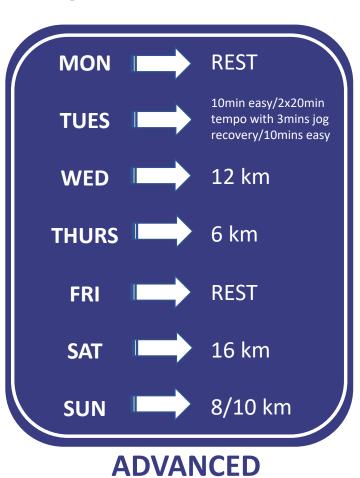








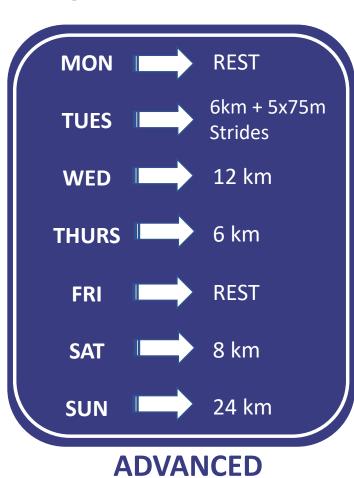






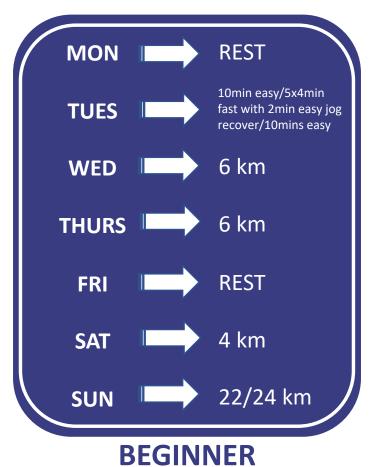








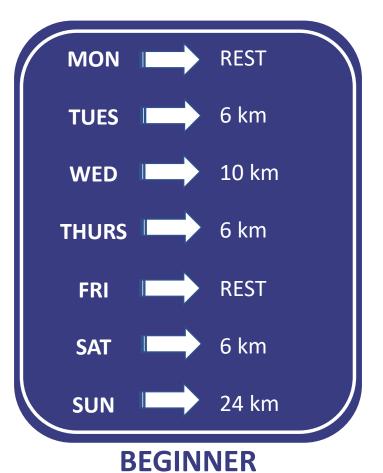


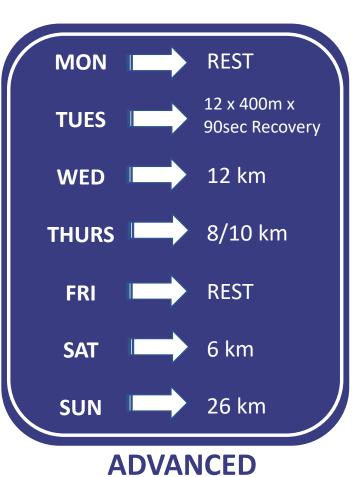






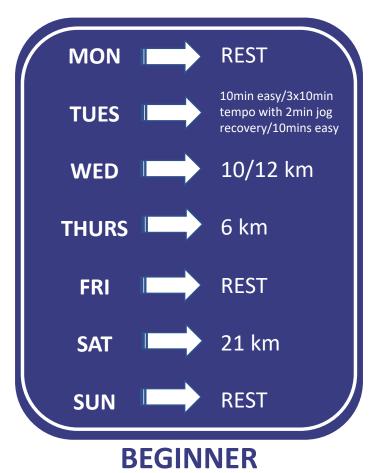


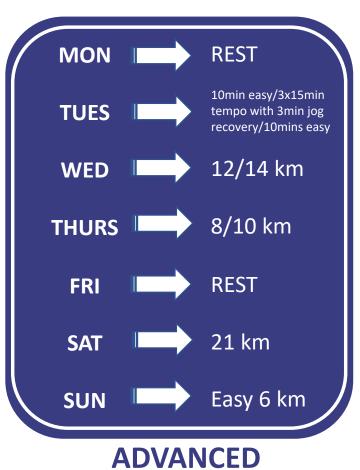








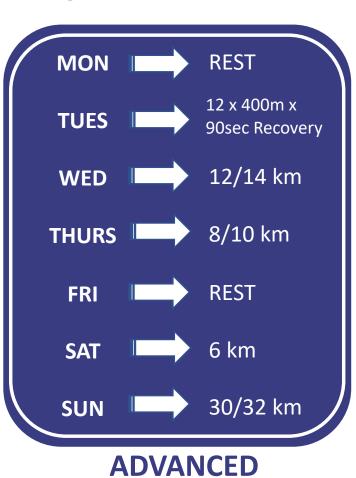






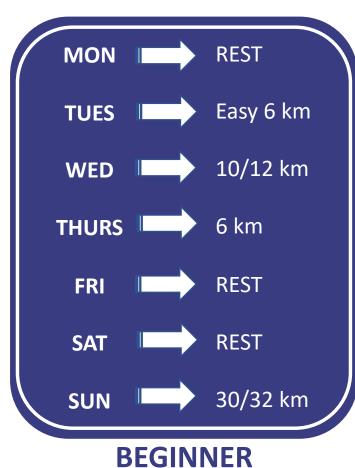


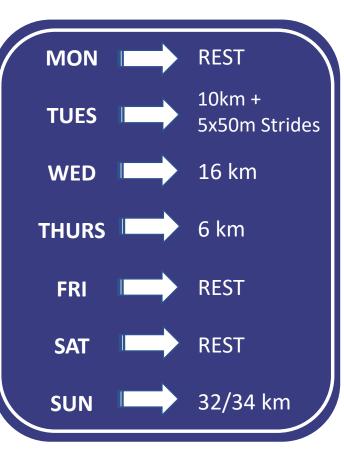






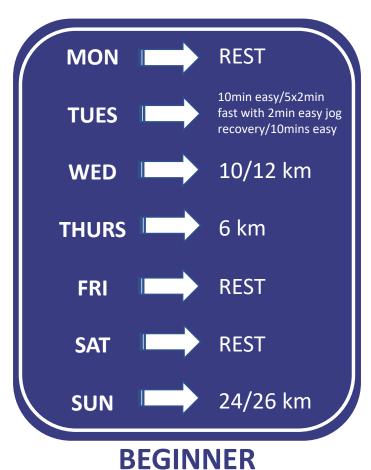


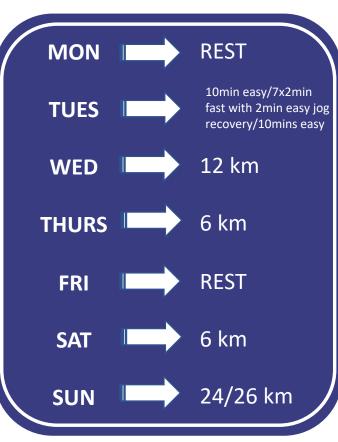






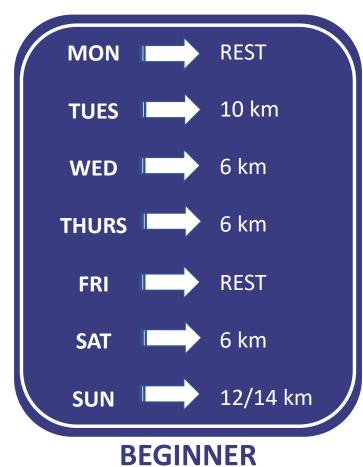








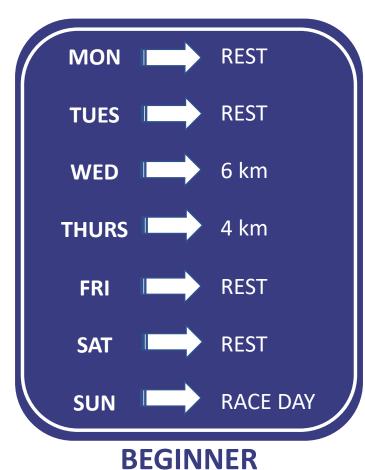


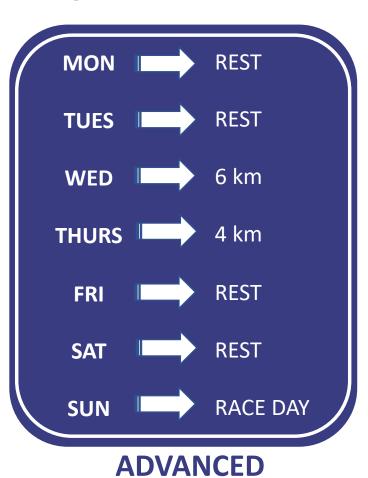
















#### **Irish Life Dublin Marathon Training Plan – Definitions**

