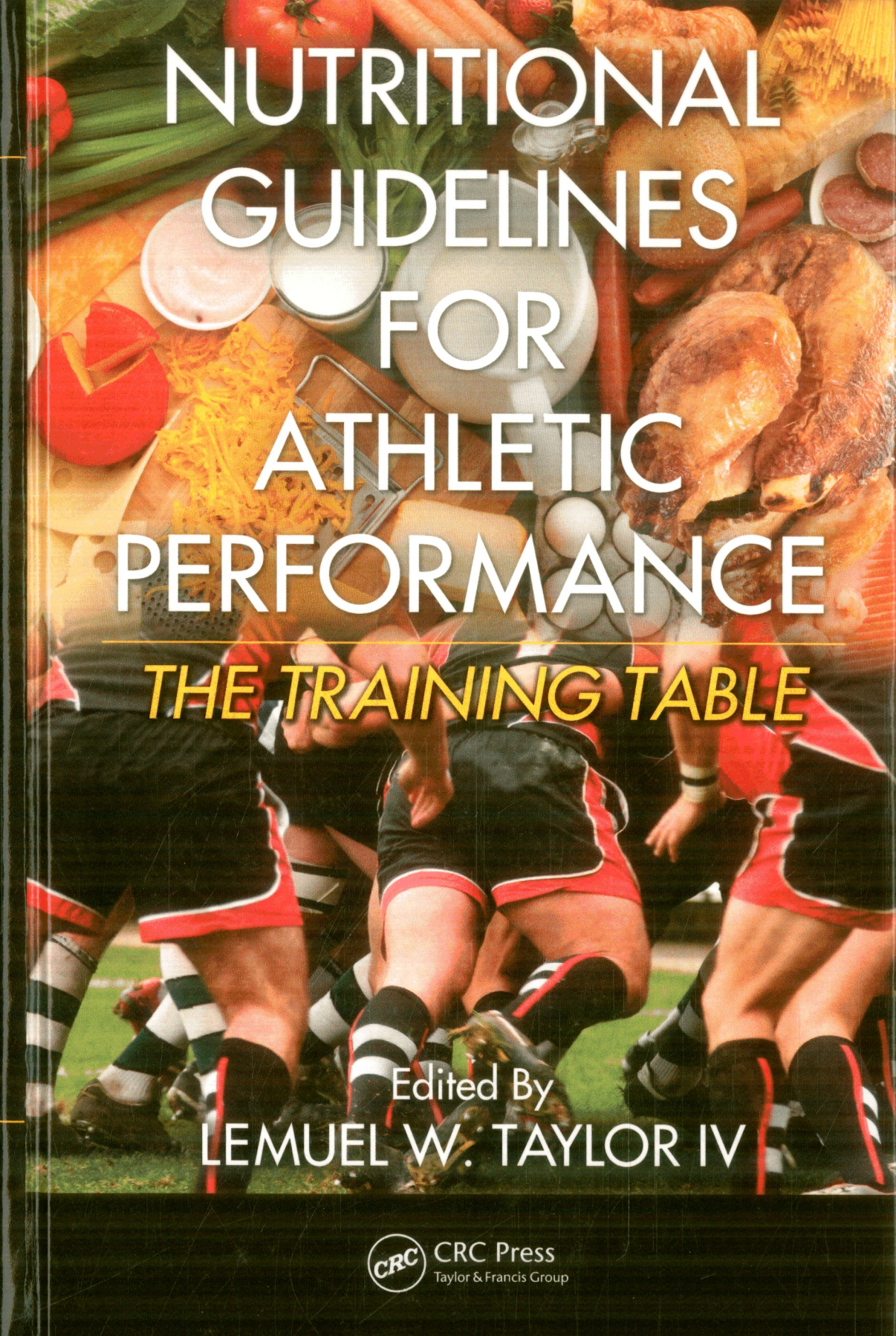




NUTRITIONAL GUIDELINES FOR ATHLETIC PERFORMANCE

THE TRAINING TABLE

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