

sub 140 half marathon training plan

Sub 140 Half Marathon Training Plan: How to Break 1:40 with Confidence

sub 140 half marathon training plan is a goal that excites many runners aiming to push their limits and achieve a significant personal milestone. Finishing a half marathon in under 1 hour and 40 minutes requires a blend of endurance, speed, and smart training. Whether you're a seasoned runner seeking to improve your time or someone stepping up from a slower pace, crafting an effective training plan is essential for reaching that sub 140 finish line.

In this article, we'll explore the key components of a sub 140 half marathon training plan, including pacing strategies, workout types, and tips to optimize your performance on race day. By understanding how to balance volume, intensity, and recovery, you can confidently build the speed and stamina needed to crush your half marathon goals.

Understanding the Requirements for a Sub 140 Half Marathon

Before diving into specific workouts, it's crucial to grasp what running a half marathon in under 1:40 entails. A half marathon is 13.1 miles (21.1 kilometers), so to finish in 1 hour and 40 minutes, you need to maintain roughly a 7:38 per mile pace (or about 4:45 per kilometer).

Breaking Down the Pace

Maintaining a 7:38 mile pace for over 13 miles is challenging but achievable with proper training. This pace combines both aerobic endurance and the ability to sustain a moderately fast tempo. It's faster than a comfortable jog but slower than a sprint — often referred to as “threshold pace” or “tempo pace” in running circles.

What This Means for Your Training

To run sub 140, your training needs to build:

- **Aerobic base**: Long runs and easy runs to enhance endurance
- **Speed endurance**: Interval sessions and tempo runs to improve pace sustainability
- **Running economy**: Efficient form and strength to conserve energy
- **Mental toughness**: Confidence and pacing discipline to maintain speed

Components of a Successful Sub 140 Half Marathon

Training Plan

1. Building a Solid Aerobic Base

Endurance is the foundation of any half marathon training plan. Long, slow runs help your body develop the ability to burn fat efficiently and increase cardiovascular capacity. For a sub 140 goal, your base runs should be comfortable enough to hold a conversation but long enough to build stamina.

Aim for weekly long runs ranging from 8 to 12 miles, gradually increasing distance but avoiding sudden spikes that can lead to injury. These runs should be done at an easy pace—around 60-75% of your maximum heart rate.

2. Incorporating Tempo Runs

Tempo runs are a cornerstone workout for anyone targeting a specific finish time. They teach your body to run at a “comfortably hard” pace, just below your lactate threshold. For a sub 140 half marathon, tempo pace is typically a bit slower than your goal race pace but faster than your easy runs.

Try sessions like:

- 20 to 30 minutes running at tempo pace (around 7:50-8:00 per mile)
- Tempo intervals such as 3 x 10 minutes at tempo pace with short recoveries

These workouts improve your ability to sustain faster paces without fatiguing too quickly.

3. Speed Work and Intervals

Speed workouts add the necessary leg turnover and cardiovascular power to your training. Interval training involves running shorter distances faster than race pace with recovery jogs in between.

Examples include:

- 6 x 800 meters at 7:00-7:15 pace with 400m jog recovery
- 4 x 1 mile repeats at 7:30 pace with 2-3 minutes rest

These sessions increase your VO2 max and teach your body to recover quickly from intense efforts.

4. Easy and Recovery Runs

Recovery runs might seem less glamorous, but they are vital for healing and adaptation. Running

easy allows blood flow to muscles without added stress, helping you bounce back for your next hard session.

In a sub 140 training plan, easy runs typically fall in the 8:30-9:30 per mile range and should not exceed 30-45 minutes on most days.

5. Strength Training and Cross-Training

Supplementing your running with strength training improves muscular endurance and reduces injury risk. Core work, leg strength exercises, and balance training help maintain form late in races when fatigue sets in.

Cross-training activities like cycling or swimming can give your joints a break while maintaining cardiovascular fitness.

Sample Weekly Training Schedule for Sub 140 Half Marathon

A balanced training week might look like this:

- **Monday:** Rest or easy cross-training
- **Tuesday:** Speed intervals (e.g., 6 x 800m at 7:10 pace)
- **Wednesday:** Easy run (4-5 miles at 8:30-9:30 pace)
- **Thursday:** Tempo run (20-30 minutes at tempo pace)
- **Friday:** Rest or strength training
- **Saturday:** Long run (8-12 miles at easy pace)
- **Sunday:** Recovery run or cross-training

Adjust mileage to your current fitness level, but aim to run 25-40 miles per week depending on your experience.

Tips for Maximizing Your Sub 140 Half Marathon Training Plan

Listen to Your Body

Pushing hard is necessary, but overtraining can lead to setbacks. Pay attention to signs of fatigue, soreness, or decreased motivation. Recovery and rest days are just as important as workouts.

Practice Race Pace Often

Get comfortable running at your goal pace during training. This helps your body learn the rhythm and effort required. Try incorporating race pace miles into your long runs or tempo workouts.

Focus on Nutrition and Hydration

Fueling your runs properly improves endurance and recovery. Experiment with pre-run meals, race day nutrition strategies, and hydration during training to find what works best.

Use Pacing Tools

GPS watches or smartphone apps can help keep your splits consistent. Avoid starting too fast, which is a common mistake for first-timers trying to hit sub 140.

Include Mental Training

Develop mental toughness by visualizing race scenarios, practicing positive self-talk, and setting intermediate goals during long runs. Confidence plays a huge role in sustaining pace under fatigue.

Tracking Progress and Adjusting Your Plan

As you train, monitor your pace, heart rate, and how you feel during workouts. If you're consistently hitting your intervals and tempo runs with ease, it might be time to increase intensity or mileage slightly. Conversely, if workouts feel too hard or you experience pain, dial back and allow more recovery.

Periodic tune-up races such as 5Ks or 10Ks can provide valuable feedback on your fitness level and help gauge readiness for your half marathon.

Achieving a sub 140 half marathon is a rewarding challenge that requires dedication and smart training. By following a well-structured sub 140 half marathon training plan that balances endurance, speed, and recovery, you'll build the fitness and confidence needed to cross the finish line under that

impressive time. With consistent effort and attention to your body's signals, you'll be well on your way to smashing your half marathon goals.

Frequently Asked Questions

What is a sub 1:40 half marathon training plan?

A sub 1:40 half marathon training plan is a structured workout schedule designed to help runners complete a 13.1-mile race in under 1 hour and 40 minutes, focusing on building speed, endurance, and race strategy.

How many weeks should a sub 1:40 half marathon training plan last?

Most sub 1:40 half marathon training plans last between 8 to 12 weeks, providing enough time to gradually increase mileage and intensity while allowing for recovery.

What types of workouts are included in a sub 1:40 half marathon training plan?

Typical workouts include long runs for endurance, tempo runs to improve lactate threshold, interval training for speed, easy recovery runs, and rest days to prevent injury.

How important is tempo running in a sub 1:40 half marathon training plan?

Tempo running is very important as it helps improve your lactate threshold, allowing you to sustain a faster pace for longer periods, which is crucial for achieving a sub 1:40 finish time.

What weekly mileage should I aim for when training for a sub 1:40 half marathon?

Weekly mileage usually ranges from 25 to 40 miles depending on your experience level, with a gradual build-up to avoid injury and improve endurance.

How should I pace my long runs in a sub 1:40 half marathon training plan?

Long runs should be done at a comfortable, conversational pace, typically 45-90 seconds slower per mile than your goal race pace, to build endurance without overexertion.

Can beginners follow a sub 1:40 half marathon training plan?

Beginners can follow a sub 1:40 plan if they have a solid running base and can comfortably run 20-25 miles per week; otherwise, it's better to build foundational fitness before attempting this goal.

Additional Resources

Sub 140 Half Marathon Training Plan: Unlocking Your Potential for a 1:40 Finish

sub 140 half marathon training plan represents a targeted approach for runners aiming to complete the 13.1-mile race in under 1 hour and 40 minutes. Achieving this time is a notable milestone, often categorizing an athlete as a serious amateur competitor. It demands a blend of endurance, speed, and strategic pacing, making the preparation process both challenging and rewarding. This article delves into the intricacies of crafting an effective sub 140 half marathon training plan, analyzing key components, common methodologies, and practical tips to optimize performance.

Understanding the Demands of a Sub 140 Half Marathon

Running a half marathon in less than 1 hour and 40 minutes requires maintaining an average pace of approximately 7 minutes and 38 seconds per mile (or about 4 minutes 45 seconds per kilometer). This pace is considerably faster than the average recreational runner's pace, necessitating focused training to develop cardiovascular capacity, muscular strength, and efficient running mechanics.

Physiologically, targeting a sub 140 finish means improving your lactate threshold and VO2 max—two critical markers of endurance performance. The lactate threshold reflects the intensity at which the body begins to accumulate lactic acid faster than it can be cleared, leading to fatigue. Enhancing this threshold allows runners to sustain faster paces for longer durations. Similarly, VO2 max indicates the maximum oxygen uptake during exercise and is a strong predictor of aerobic capacity.

A well-structured training plan for this goal must integrate workouts that improve these physiological markers while balancing recovery to avoid overtraining.

Core Components of a Sub 140 Half Marathon Training Plan

1. Base Mileage and Endurance Building

Before incorporating speedwork, runners need a solid aerobic base. The foundation of a sub 140 half marathon training plan typically involves gradually increasing weekly mileage to build endurance. Depending on the runner's experience, weekly mileage can range from 25 to 40 miles, with long runs extending to 10-12 miles at an easy to moderate pace.

Endurance runs help condition the cardiovascular system and improve fat metabolism, which is crucial for sustaining energy over the race distance. However, quality matters alongside quantity; consistent, injury-free training is more beneficial than rapid mileage increases that risk burnout.

2. Speed and Interval Training

To hit a sub 140 goal, incorporating speed workouts is essential. Interval training—consisting of repeated bouts of high-intensity running followed by recovery periods—challenges the body to adapt to faster paces. Typical intervals might include 800-meter or 1-mile repeats at 5K to 10K race pace, with rest intervals allowing partial recovery.

Tempo runs, or sustained efforts at lactate threshold pace (usually around 15-20 seconds slower per mile than 10K race pace), are equally important. These workouts train the body to buffer lactic acid and improve stamina at near-race intensity.

3. Pacing Strategy and Race Simulation

A sub 140 half marathon training plan should also focus on pacing strategies. Learning to maintain a consistent 7:38/mile pace during training prepares the runner psychologically and physically for race day. Incorporating race-pace runs—intervals at goal pace or long tempo runs—helps familiarize the body with the target speed.

Additionally, simulating race conditions during training, such as running on similar terrain or under expected weather conditions, can enhance preparedness and reduce anxiety.

4. Cross-Training and Strength Work

While running volume is critical, supplementary training can prevent injuries and improve overall fitness. Cross-training activities like cycling, swimming, or elliptical workouts provide cardiovascular benefits with reduced impact stress.

Strength training focusing on the core, hips, and lower body supports running economy and power. Exercises such as squats, lunges, and planks improve muscular endurance and stability, which become increasingly important in the latter stages of a half marathon.

Sample Weekly Structure of a Sub 140 Half Marathon Training Plan

A typical week might look like this for an intermediate runner targeting a sub 140 finish:

1. **Monday:** Rest or active recovery (easy cross-training)
2. **Tuesday:** Interval workout (e.g., 5x800m at 10K pace with 400m recovery jog)
3. **Wednesday:** Easy run (4-6 miles at a conversational pace)
4. **Thursday:** Tempo run (4-5 miles at lactate threshold pace)

5. **Friday:** Strength training and mobility exercises
6. **Saturday:** Long run (10-12 miles at an easy to moderate pace)
7. **Sunday:** Recovery run or cross-training (3-4 miles/easy cycling/swimming)

This structure balances intensity and recovery, enabling adaptation without excessive fatigue.

Tailoring the Plan: Individual Variability and Adaptation

No two runners are alike, and the optimal sub 140 half marathon training plan must be customized based on individual factors such as fitness level, injury history, and lifestyle constraints. For beginners, the emphasis should be on gradually increasing mileage and mastering running form before venturing into high-intensity workouts.

Conversely, experienced runners may benefit from more aggressive interval training and higher weekly mileage but must be vigilant about signs of overtraining. Tools like heart rate monitoring and perceived exertion scales assist in adjusting intensity to match daily readiness.

Moreover, nutrition and hydration strategies during training influence performance outcomes. Consuming adequate carbohydrates supports glycogen stores, while attention to electrolyte balance reduces the risk of cramps and fatigue.

Common Challenges and Solutions

- **Plateauing Performance:** Mixing training stimuli, such as varying interval lengths or incorporating hill repeats, can break through stagnation.
- **Injury Risk:** Incorporating rest days and cross-training minimizes repetitive strain.
- **Motivation:** Setting incremental goals and participating in tune-up races helps maintain focus.

Comparing Sub 140 Training Plans: What Sets Them Apart?

Various training plans for the sub 140 half marathon target slightly different approaches. Some prioritize higher mileage and aerobic base, often favored by coaches with a traditional endurance philosophy. Others lean heavily on speedwork and tempo runs, reflecting a more interval-driven

methodology.

Technology integration also varies; some plans incorporate GPS watches, pace calculators, and training apps to monitor progress meticulously. The choice depends on the runner’s preferences and responsiveness to different coaching styles.

Pros and Cons of Popular Training Methodologies

Training Approach	Pros	Cons
High Mileage Endurance Focus	Builds strong aerobic base; improves fat metabolism; enhances mental toughness	Higher injury risk; requires significant time commitment
Interval and Tempo Emphasis	Improves speed and lactate threshold; time-efficient workouts	Can lead to burnout if overdone; less focus on endurance if mileage is low
Mixed Approach (Balanced)	Combines strengths of both; reduces monotony; comprehensive fitness	Requires careful planning; may be complex for beginners

Metrics and Tracking Progress

To ensure a sub 140 half marathon training plan stays on track, monitoring progress through various metrics is indispensable. Key indicators include:

- **Pace Consistency:** Measuring how well you maintain target pace during runs.
- **Heart Rate Zones:** Ensuring training intensity aligns with aerobic or anaerobic goals.
- **Perceived Exertion:** Subjective assessment of effort to avoid overtraining.
- **Race Simulation Times:** Timing shorter race-pace efforts to gauge fitness improvements.

Data-driven adjustments ensure the training plan evolves dynamically to meet the runner’s needs.

Integrating Recovery and Injury Prevention

An often overlooked aspect of a sub 140 half marathon training plan is recovery. Without adequate rest, the risk of overuse injuries such as stress fractures, IT band syndrome, or plantar fasciitis increases significantly.

Incorporating strategies like foam rolling, dynamic stretching, and sufficient sleep supports muscle repair and reduces inflammation. Additionally, scheduled deload weeks—where training volume and intensity are reduced—allow the body to consolidate gains and prepare for subsequent training cycles.

Achieving a sub 140 half marathon finish epitomizes disciplined training and smart preparation. By understanding the physiological demands and integrating diverse training elements—from endurance and speedwork to strength and recovery—runners can unlock their potential. The journey requires patience, adaptability, and consistent effort, but the reward of crossing the finish line under 1 hour and 40 minutes is a testament to meticulous planning and personal perseverance.

Sub 140 Half Marathon Training Plan

sub 140 half marathon training plan: The New Rules of Marathon and Half-Marathon Nutrition Matt Fitzgerald, 2013-02-12 From basic tenets of training to nutrition guidelines, this is the first resource for runners to fully integrate nutrition with training for a complete and systematic pre-race plan. A must for marathoners (Library Journal). Every year, roughly 2 million people participate in marathons and half marathons in the United States, and, no matter what level they are, every one of these runners has likely hit The Wall, running out of muscle fuel in the final miles and slowing down precipitously. This setback and other common running disappointments are nutritional (or metabolic) in nature. In *The New Rules*, renowned fitness journalist and training coach Matt Fitzgerald cuts through the myths, distilling the most up-to-date science to help runners overcome the universally experienced nutritional barriers that prevent success in the marathon and half marathon. Fitzgerald's powerful and easy-to-use tools will enable runners of all levels to attain their ideal racing weight, calculate their precise daily energy needs, and formulate a custom nutrition plan.

sub 140 half marathon training plan: The Official Rock 'n' Roll Guide to Marathon & Half-Marathon Training Mario Fraioli, 2013-04-01 Rock your run with *The Official Rock 'n' Roll Guide to Marathon and Half-Marathon Training*! This practical, encouraging guide makes preparing for marathon and half-marathon as rewarding as race day. With coaching advice, running workouts, and training programs from Coach Mario Fraioli, you'll enjoy training and cross the finish line feeling great. Coach Mario will guide you from sign-up to finish line. With his expert advice, you'll choose your race, set your goals, select the right gear, and move swiftly through a beginner or experienced marathon or half-marathon training program. Fraioli covers all of running's most important topics: dynamic warm-up exercises, smart and realistic workouts, healthy sports nutrition and hydration guidelines, tips for quick and complete recovery, strength training and crosstraining, advice to treat common running injuries, and strategies for race week and race day. He offers useful tools like running pace charts, a sweat loss calculator, and a preview of each Rock 'n' Roll race course. The Rock 'n' Roll Marathon and Half-Marathon series is the world's most popular running series because each race is a fun and feel-good challenge. Now with the Official Rock 'n' Roll Guide, you'll be ready to rock your marathon or half-marathon.

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Marathon Training Jennifer Van Allen, Bart Yasso, Amby Burfoot, Pamela Nisevich Bede, Editors of Runner's World Maga, 2012-06-05 The first dedicated book on marathon and half marathon training from the renowned experts at Runner's World *Runner's World Big Book of Marathon and Half-Marathon Training* gives readers the core essentials of marathon training, nutrition, injury prevention, and more. The editors of Runner's World know marathon training better than anyone on the planet. They have spent the last few years inviting readers to share the long, sweaty journey to the starting line, putting themselves on call to personally answer readers' questions 24/7. This book includes testimonials from real runners, more than 25 training plans for every level and ability, workouts, a runner's dictionary, and sample meal plans. *Runner's World Big Book of Marathon and Half-Marathon Training* is a powerful and winning resource—the ultimate tool kit for anyone who wants to get from the starting line to the finish line.

sub 140 half marathon training plan: *Runner's World Run Less Run Faster* Bill Pierce, Scott Murr, 2021-01-19 The groundbreaking plan that helps runners of all levels to improve their race times while actually training less—now fully revised and updated for today's runners In today's busy, fast-paced world, all runners have the same objective: to run the best they can with the limited amount of time at their disposal. Bill Pierce and Scott Murr made that goal possible with their revolutionary FIRST (Furman Institute of Running and Scientific Training) training program. FIRST's unique training philosophy makes running easier and more accessible, limits overtraining and burnout, and substantially cuts the risk of injury while producing faster race times. The key feature of the detailed training plans for 5k, 10k, half-marathon, and marathon is the 3PLUS2 program, which consists of: • 3 quality runs, including track repeats, the tempo run, and the long run, which are designed to improve endurance, lactate-threshold running pace, and leg speed • 2 aerobic cross-training workouts, such as swimming, rowing, or pedaling a stationary bike, which are designed to improve endurance while helping to avoid burnout With tips for goal-setting, recovery, injury rehab and prevention, strength training, and nutrition, *Run Less, Run Faster* has changed the way runners think about and train for competitive races. This revised third edition includes a new preface, training plans tailored to the new qualifying times for the Boston Marathon, new exercise photos, charts that will help runners adjust training practices to their elevation and climate, and updated nutritional recommendations.

sub 140 half marathon training plan: *Runner's World Train Smart, Run Forever* Bill Pierce, Scott Murr, 2017-04-04 From the experts at the Furman Institute of Running and Scientific Training (FIRST), *Runner's World Train Smart, Run Forever* goes beyond traditional training programs and addresses the issues that prevent runners from reaching their full potential. This book will teach you how to become a fit, fast, and healthy lifelong runner by following the authors' innovative 7-hour workout week. In this new approach, Bill Pierce and Scott Murr show how overall fitness and total body health are the secret to longevity as a runner. *Runner's World Train Smart, Run Forever* is appropriate for all runners, but is especially helpful if you're frustrated by injuries or looking to maintain your healthy lifestyle as you age. This book addresses the controversies surrounding the dangers of over training and the stress associated with the constant craving for faster race times. Complete with a comprehensive program to enhance overall fitness, improve race times, and support healthy aging, this book will show you how to achieve your fitness goals at any stage.

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at a lower intensity and just 20 percent at a higher intensity—is the best change runners of all abilities can make to improve their performance. With a thorough examination of the science and research behind this training method, 80/20 Running is a hands-on guide for runners of all levels with training programs for 5K, 10K, half-marathon, and marathon distances. In 80/20 Running, you'll discover how to transform your workouts to avoid burnout. • Runs will become more pleasant and less draining • You'll carry less fatigue from one run to the next • Your performance will improve in the few high-intensity runs • Your fitness levels will reach new heights 80/20 Running promotes a message that all runners—as well as cyclists, triathletes, and even weight-loss seekers—can embrace: Get better results by making the majority of your workouts easier.

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for runners who hope to perform at the very best of their ability. Runner's World The Cutting-Edge Runner provides:

- A comprehensive overview of how the best competitive runners train today--covering such topics as periodization, physiological testing, group training, technique work, cross-training, recovery techniques, and individual customization
- In-depth discussions of equipment and other technologies that can benefit the runner, including shoes, orthotics, heart rate monitors, altitude tents, training software, and more
- A complete menu of workouts for milers to marathoners

Whether he is explaining how to use hypoxic conditioning to increase oxygen consumption capacity, telling how to prepare for the mental challenge of racing, or detailing what the latest science has to say about the pros, cons, and proper usage of more than 15 nutritional supplements and drugs, Matt Fitzgerald goes straight to the most authoritative sources and provides practical ways for the average runner to adapt methods and tools used by top runners to their own running programs.

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sub 140 half marathon training plan: Run Like a Champion Alan Culpepper, 2015-03-05 In Run Like a Champion, one of America's most versatile and accomplished runners, Alan Culpepper,

reveals the best practices of the best runners. Over his 25-year racing career, Culpepper won national titles from 5K to marathon, a span of race distances so wide that just a few runners can claim the same impressive versatility. Culpepper sets out his approach--and the lessons he learned from his competitors--so that all runners can fully realize their potential. As a two-time Olympic competitor, Culpepper has a unique understanding of what it takes to compete at the highest level. His running career has put him on the start line alongside the world's best runners, and he has found that despite their many differences, talents, and approaches to training, among them they share a common understanding: the best athletes know that the secret to success in running lies in understanding a bigger picture of training. Not everyone has the physiology to run at the highest level, but everyone can benefit from implementing an Olympic approach to training. *Run Like a Champion* shares a big-picture view of running, looking at not only the essential training elements but also other key pieces of the puzzle: identifying motivation; finding a proper work/life/family balance; and understanding complementary aspects of training such as stretching, how much to drink, diet, and how to avoid and treat injuries. *Run Like a Champion* reveals all the guidelines, tips and tricks, workouts, mental training, and nutritional practices that Olympic runners use. By making this Olympic approach part of their running, runners of all levels will make their goals achievable from 5K to marathon.

sub 140 half marathon training plan: Developing Endurance NSCA -National Strength & Conditioning Association, Ben Reuter, 2012-02-29 Runners, cyclists, swimmers, rowers, triathletes, and ultradistance athletes must sustain performance at a high level to come out on top. *Developing Endurance* shows how to achieve optimal stamina to race your best through science-based aerobic, anaerobic, and resistance training. Written by 11 top experts in the National Strength and Conditioning Association, the top sport conditioning organization in the world, this guide provides both the background information and the exercises, drills, workouts, and programs for ultimate results. Athletes and coaches will appreciate the assessment tools, analyses, and instruction to define specific needs and establish effective training goals. Armed with these tools and information, you can create the ideal personalized training program for your sport and avoid lengthy plateaus while taking performance to the highest level. Earn continuing education credits/units! A continuing education course and exam that uses this book is also available. It may be purchased separately or as part of a package that includes all the course materials and exam.

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also an experienced runner, will equip you, whatever your age or ability, with the know-how to make running part of your life and help you learn to love training and competing as much as they do. Find out how to get started with running and how to improve with specific sections on nutrition, marathon running and women's running (including exercising during and after pregnancy). This is a visual, practical and insightful guide offering informative and fun coverage with tips, accurate up-to-date information and the experiences of 'real' runners you can identify with.

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