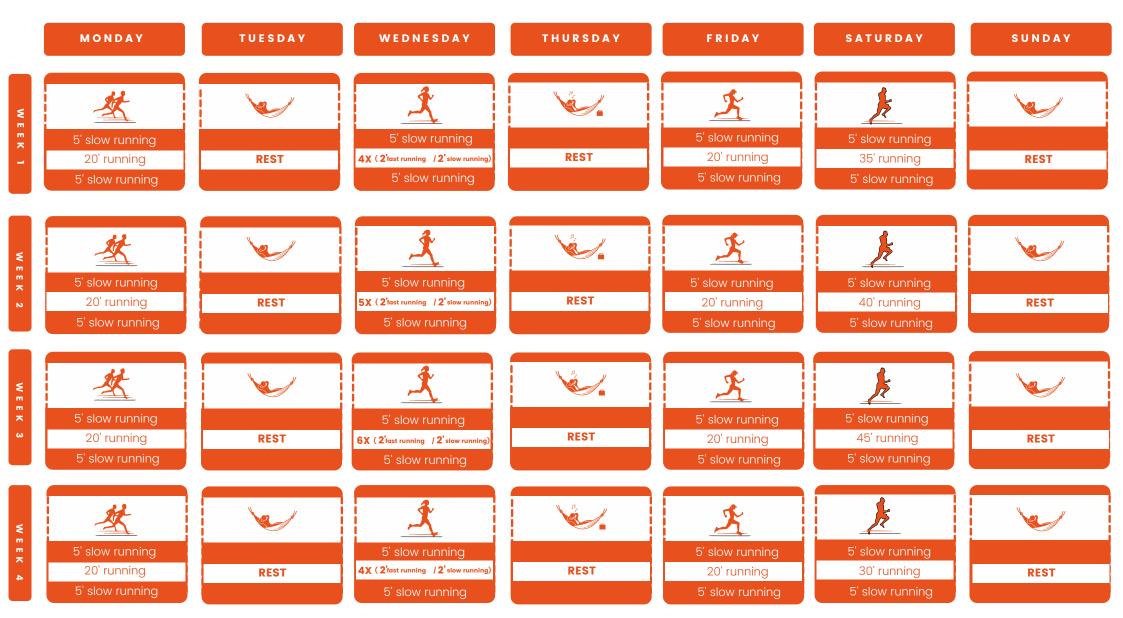
DÉFI ENTREPRISES beneva



6 x (1' fast running/1' slow run = 6 times the next block: 1 minute of fast running alternated with 1 minute of slow running



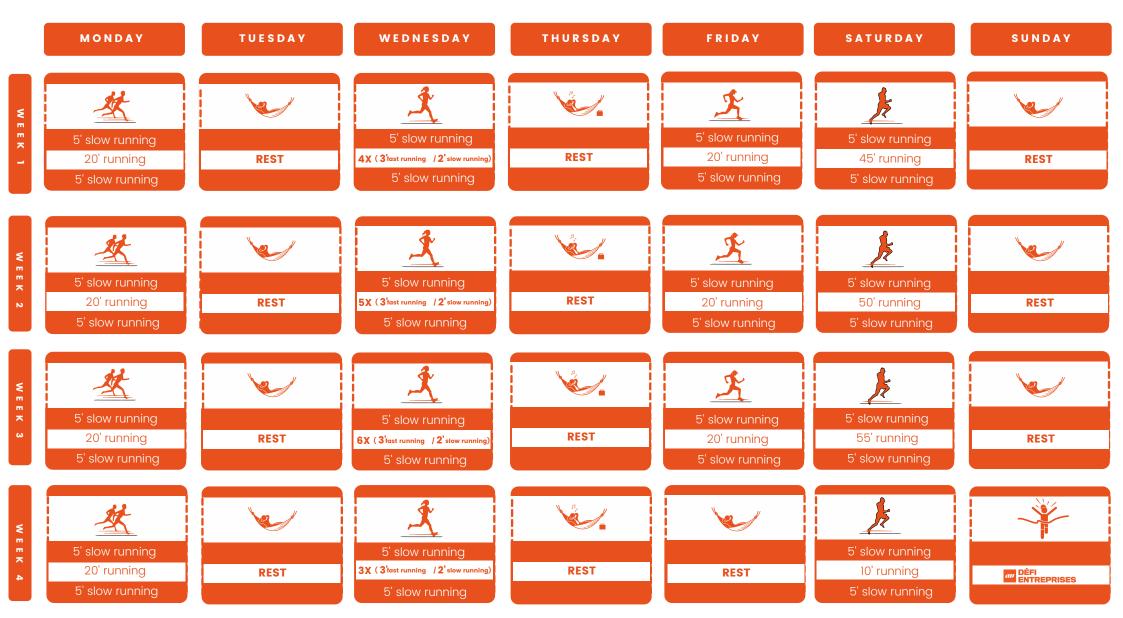
DÉFI ENTREPRISES beneva



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DÉFI ENTREPRISES Deneva



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