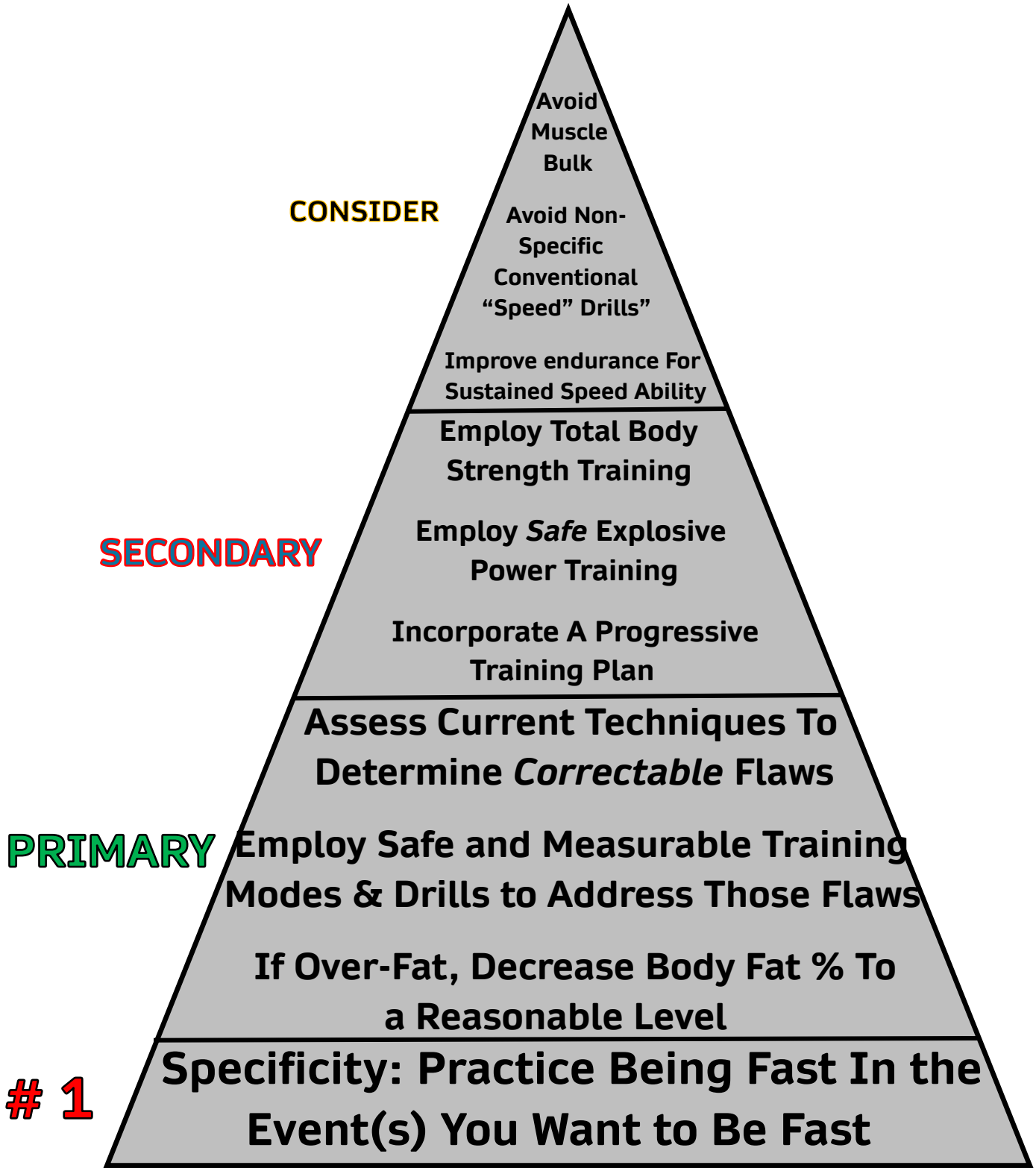
KELSO'S HIERARCHY OF

IMPROVED RUNNING SPEED



Tom Kelso, MS, MSCC-E, CSCS Nov. 2024