

# 10k training plan beginner

10k training plan beginner programs are designed to help new runners safely and effectively prepare for a 10-kilometer race. Whether the goal is to complete the race or achieve a specific time, a structured training plan is essential for building endurance, strength, and confidence. This article outlines the key components of a successful 10k training plan for beginners, including weekly training schedules, essential running tips, cross-training advice, and injury prevention strategies. Understanding the basics of pacing, recovery, and nutrition will also enhance performance and enjoyment. By following this comprehensive guide, beginners can develop a sustainable routine that promotes steady progress toward race day. The following sections will cover everything needed to embark on this running journey with clarity and purpose.

- Understanding the 10k Distance
- Creating a Beginner-Friendly Training Schedule
- Essential Running Tips for Beginners
- Incorporating Cross-Training and Rest Days
- Nutrition and Hydration Strategies
- Preventing Injuries During Training
- Preparing for Race Day

# Understanding the 10k Distance

The 10k race, equivalent to 6.2 miles, is a popular distance for both novice and experienced runners. It strikes a balance between speed and endurance, making it an ideal goal for beginners looking to transition from shorter distances or to start running regularly. Understanding the physical and mental demands of the 10k distance helps in designing an effective training plan. Unlike shorter races, a 10k requires sustained effort and pacing strategy, while also demanding enough endurance to maintain a strong finish. Preparing properly ensures runners can complete the distance comfortably and reduce the risk of injury or burnout.

## Physical Demands of a 10k

Running a 10k engages multiple muscle groups and cardiovascular systems, requiring a combination of aerobic endurance and muscular strength. For beginners, building a base level of fitness gradually is crucial to adapt to these demands. Training focuses on increasing weekly mileage, improving running economy, and enhancing overall stamina. These adaptations allow the body to handle continuous running for approximately 45 to 90 minutes, depending on individual pace.

## Mental Preparation

Beyond physical conditioning, mental toughness plays a significant role in completing a 10k. Beginners benefit from setting realistic goals, visualizing race success, and developing strategies to manage discomfort and fatigue. Consistent training builds confidence and mental resilience, which are essential to overcome challenges during the race.

## Creating a Beginner-Friendly Training Schedule

A well-structured 10k training plan for beginners typically spans 8 to 12 weeks, balancing gradual mileage increases with adequate recovery. The schedule should incorporate various types of runs,

including easy runs, long runs, and some form of speed or interval training to improve pace and endurance. Consistency is key, and the plan must accommodate different fitness levels and lifestyles.

## Weekly Running Structure

A typical week in a beginner's 10k training plan might include three to four running days, complemented by cross-training and rest days. The runs vary in intensity and purpose to promote balanced development:

- **Easy Runs:** These runs focus on maintaining a comfortable pace to build aerobic capacity without excessive fatigue.
- **Long Runs:** Run at a slower pace to increase endurance, gradually extending the distance each week.
- **Speed Work or Intervals:** Short bursts of faster running to improve cardiovascular fitness and running economy.
- **Rest Days:** Crucial for recovery and preventing overuse injuries.

## Sample 8-Week Training Plan Outline

Below is an example outline for a beginner aiming to complete a 10k:

1. Week 1-2: 3 days running (2 easy runs, 1 long run starting at 2 miles)
2. Week 3-4: 4 days running (adding a short interval session)
3. Week 5-6: Increase long run distance to 4-5 miles, maintain easy runs

4. Week 7: Peak week with longest run of 5-6 miles, maintain intensity

5. Week 8: Taper week with reduced mileage to allow recovery before race day

## **Essential Running Tips for Beginners**

Starting a 10k training plan beginner program requires attention to technique, pacing, and proper gear. These factors significantly affect performance and injury risk. Adopting good running habits early will contribute to a more enjoyable and sustainable experience.

### **Proper Running Form**

Maintaining good posture, a midfoot strike, and relaxed shoulders helps improve running efficiency. Beginners should avoid overstriding and excessive tension, which can lead to injuries. Focusing on cadence and breathing rhythm also supports endurance.

### **Pacing Strategies**

Learning to run at a pace that feels sustainable is vital for 10k success. Beginners often benefit from running slower than they expect to ensure they can complete the distance comfortably. Using a run-walk method or relying on perceived effort can be effective pacing techniques during training and the race.

### **Choosing the Right Running Shoes**

Investing in proper running shoes suited to individual foot types and gait patterns prevents discomfort and injuries. Specialty running stores can provide gait analysis and shoe recommendations. Replacing shoes every 300-500 miles maintains adequate support throughout training.

# **Incorporating Cross-Training and Rest Days**

Cross-training complements running by enhancing overall fitness and reducing injury risk. Rest and recovery are equally important components of any 10k training plan beginner runners should follow diligently.

## **Benefits of Cross-Training**

Activities such as cycling, swimming, or yoga improve cardiovascular fitness, strength, and flexibility without the repetitive impact of running. Including one or two cross-training sessions per week supports muscle balance and mental freshness.

## **Importance of Rest Days**

Rest days allow the body to repair and adapt to training stresses. Skipping rest increases the likelihood of overuse injuries, fatigue, and burnout. Beginners should schedule at least one or two rest days weekly and listen to their bodies for additional recovery needs.

## **Nutrition and Hydration Strategies**

Proper nutrition fuels training sessions and aids recovery. Beginners preparing for a 10k must pay attention to macronutrient balance, hydration, and timing of meals to optimize performance and prevent gastrointestinal discomfort.

## **Pre-Run Nutrition**

Easily digestible carbohydrates consumed 1-2 hours before running provide necessary energy. Avoiding heavy, fatty, or high-fiber foods prevents stomach upset. Hydrating well before runs is also critical to maintain fluid balance.

## Post-Run Recovery

Consuming a mix of carbohydrates and protein within 30-60 minutes after training helps replenish glycogen stores and repair muscle tissue. Hydration should continue post-run to replace fluids lost through sweat.

## Daily Hydration Tips

Maintaining consistent hydration throughout the day supports overall health and training effectiveness. Water is generally sufficient, but electrolyte drinks may be beneficial during longer or hotter runs.

## Preventing Injuries During Training

Injury prevention is a major focus of any 10k training plan beginner runners should prioritize. Proper warm-up, cool-down, strength training, and listening to the body's signals reduce the risk of setbacks that could delay progress.

## Warm-Up and Cool-Down Routines

Dynamic warm-ups including leg swings, lunges, and light jogging prepare muscles and joints for running. Post-run stretching and foam rolling aid in recovery and maintain flexibility.

## Strength Training for Runners

Incorporating exercises targeting the core, hips, and legs improves running form and resilience. Bodyweight exercises such as squats, lunges, and planks are effective for beginners.

## Recognizing Warning Signs

Pain that persists beyond normal soreness, sharp discomfort, or swelling should prompt rest and evaluation. Early intervention can prevent minor issues from becoming chronic injuries.

## Preparing for Race Day

Proper race day preparation helps beginners perform their best and enjoy the 10k experience. This includes logistical planning, mental readiness, and physical strategies during the event.

## Race Week Guidelines

Reducing training intensity and volume in the final week allows the body to recover fully. Prioritizing sleep, hydration, and balanced nutrition supports readiness.

## Race Day Tips

Arriving early to warm up, dressing appropriately for weather, and pacing conservatively in the early miles set the stage for a successful race. Staying relaxed and focused enhances performance.

## Post-Race Recovery

After the race, gentle walking, stretching, and replenishing fluids and nutrients facilitate recovery. Allowing time for rest before resuming training prevents overexertion.

## Frequently Asked Questions

## **What is a 10k training plan for beginners?**

A 10k training plan for beginners is a structured schedule designed to help new runners gradually build up their endurance and speed to successfully complete a 10-kilometer race.

## **How long does it typically take to train for a 10k as a beginner?**

Most beginner 10k training plans last between 6 to 8 weeks, allowing enough time to safely increase running distance and improve fitness.

## **How many days per week should a beginner run when training for a 10k?**

Beginners should aim to run 3 to 4 days per week, incorporating rest days to allow for recovery and prevent injury.

## **What types of workouts are included in a beginner 10k training plan?**

A beginner plan often includes easy runs, long runs, walk/run intervals, and sometimes light speed or tempo runs to build endurance and speed gradually.

## **Is it necessary to include rest days in a beginner 10k training plan?**

Yes, rest days are crucial for muscle recovery and injury prevention, and they are an integral part of any effective training plan.

## **Can beginners follow a 10k training plan without prior running experience?**

Yes, many beginner 10k plans are designed for individuals with little to no running experience, starting with walk/run intervals and gradually increasing running time.

## What should a beginner wear when training for a 10k race?

Comfortable, moisture-wicking running clothes, proper running shoes fitted to your foot type, and weather-appropriate gear are recommended for training.

## How important is nutrition during 10k training for beginners?

Good nutrition is important to fuel your runs and aid recovery. A balanced diet with adequate carbohydrates, protein, and hydration supports training performance.

## What are common mistakes beginners make when following a 10k training plan?

Common mistakes include increasing mileage too quickly, skipping rest days, ignoring pain or injury, and not warming up or cooling down properly.

## How can beginners stay motivated throughout their 10k training plan?

Setting realistic goals, tracking progress, running with a friend or group, mixing up routes, and reminding oneself of the race day goal can help maintain motivation.

## Additional Resources

### 1. *Run Your First 10K: A Beginner's Guide to Training and Racing*

This book offers a comprehensive beginner-friendly training plan designed to prepare you for your first 10K race. It covers essential topics such as building endurance, proper running form, and injury prevention. The author includes motivational tips and advice on nutrition to help runners stay on track.

### 2. *The Complete 10K Running Plan for Beginners*

Perfect for those new to running, this guide breaks down a step-by-step 8-week training program. It emphasizes gradually increasing mileage and incorporating cross-training to build strength. Readers will also find guidance on pacing strategies and mental preparation for race day.

### *3. From Couch to 10K: Transform Your Fitness in 10 Weeks*

Designed to take absolute beginners from inactivity to completing a 10K race, this book focuses on progressive workouts that balance running and walking. The plan fosters confidence and stamina while minimizing injury risks. It also includes tips on gear selection and tracking progress.

### *4. Smart Running for Beginners: A 10K Training Approach*

This book combines science-backed training techniques with practical advice tailored for novice runners. It highlights the importance of rest, recovery, and proper nutrition alongside running workouts. Readers will appreciate the emphasis on listening to their bodies and avoiding burnout.

### *5. 10K Training Made Simple: A Beginner's Roadmap*

With clear instructions and an easy-to-follow schedule, this book simplifies the training process for new runners. It covers fundamental concepts like warm-ups, cool-downs, and strength exercises. The author also shares inspiring stories from first-time 10K runners to keep motivation high.

### *6. Beginner's Guide to Running a 10K: Training, Tips, and Techniques*

This guide offers practical advice on how to start running, build endurance, and improve speed safely. It includes a detailed 6-week training plan suitable for those with minimal running experience. Additionally, it addresses common challenges such as dealing with soreness and maintaining consistency.

### *7. Run Strong: Beginner 10K Training Essentials*

Focused on building a solid foundation, this book teaches beginners how to develop strength, flexibility, and good running habits. The training program is designed to gradually increase intensity and distance, preventing common injuries. The author also provides insights into mental toughness and race day strategies.

### *8. 10K for New Runners: Training Plans and Motivation*

This book offers multiple training plans tailored to different fitness levels within the beginner category. It emphasizes the importance of goal-setting and tracking progress to stay motivated throughout the journey. Readers will find useful tips on balancing training with daily life and overcoming setbacks.

## 9. *The Beginner's 10K Handbook: Prepare, Train, and Succeed*

Covering everything from gear selection to tapering before race day, this handbook is a thorough resource for novice runners. It provides a structured 10-week training plan that focuses on building endurance safely. The author also discusses nutrition, hydration, and mental preparation techniques to ensure a successful 10K experience.

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**10k training plan beginner: Running Log Book 10k Training Plan** Happiness Habits, 2019-12-11 Ready To Run Your First 10k? Follow the 10-Week Program and you'll quickly gain the strength and stamina needed to complete 10k easier and more enjoyable than you ever thought possible. This comprehensive Journal includes also Running Log Pages with space for dates, distances, pace and times that help runners chart their progress. Happy Running!

**10k training plan beginner: 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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over whatever distance you want your legs to carry you' - Chrissie Wellington, OBE, four-time Ironman Triathlon World Champion From complete beginners to seasoned off-road runners, *The Ultimate Trail Running Handbook* has all the training and nutrition advice, skills, gear and motivation you need to become a fit and confident trail runner. There are training plans that take newcomers from 5k parkrun to first trail marathon, while for experienced runners there are sections on strength work, injury prevention and advanced training plans to boost performance up to 50k (30 miles). To keep you enjoying every step, you'll find advice on how to choose the right gear; over 20 easy, healthy recipes; inspiring stories from real trail runners; and advice from top athletes and coaches. And if you want to explore new trails, you can use the navigation and route planning section to create your own exciting off-road adventure. If you're a trail runner or would like to become one, this book is your new best friend.

**10k training plan beginner:** *Unbreakable Runner* T.J. Murphy, MacKenzie, 2014-09-22 A New York Times Best Seller! Men's Journal Health Book of the Year In *Unbreakable Runner*, CrossFit Endurance founder Brian MacKenzie and journalist T.J. Murphy examine long-held beliefs about how to train, tearing down those traditions to reveal new principles for a lifetime of healthy, powerful running. *Unbreakable Runner* challenges conventional training tenets such as high mileage and high-carb diets to show how reduced mileage and high-intensity training can make runners stronger, more durable athletes and prepare them for races of any distance. Distance runners who want to invigorate their training, solve injuries, or break through a performance plateau can gain power and resilience from MacKenzie's effective blend of run training and whole-body strength and conditioning. CrossFitters who want to conquer a marathon, half-marathon, or ultramarathon will find endurance training instruction with 8- to 12-week programs that combine CrossFit™ workouts with run-specific sessions. *Unbreakable Runner* includes CrossFit-based training programs for race distances from 5K to ultramarathon for beginner, intermediate, and advanced runners. Build a better running body with this CrossFit Endurance-based approach to running training.

**10k training plan beginner:** *Runner's World Race Everything* Bart Yasso, Erin Strout, Editors of *Runner's World* Maga, 2017-10-10 How to be prepared no matter where running might take you Millions of runners around the US are interested in special experiences, whether it means running a bucket-list event like the Boston Marathon, or competing in beautiful and challenging locales such as Rome or Death Valley. Whatever race you choose, there is no one better to guide you on your journey than Bart Yasso, chief running officer at *Runner's World* magazine. Over the past 40 years, Yasso has run more than 1,000 races, across all seven continents, at every conceivable distance, from local 5Ks to grueling ultramarathons and Ironman triathlons. He's truly done it all, and in *Race Everything*, he shares the secrets of how he trained, the particularities of each course, and the specific insights he has gleaned to help you run your best no matter the distance. This book offers tried-and-true advice on how to train and what to do on race day to make the best use of your training. It provides everything you need to know to succeed at the most popular race distances, including general training principles, targeted training plans for beginners and experienced runners alike, and insider tips based on Yasso's own experiences and those of other top runners he has known and run with. The goal is to inform and inspire runners eager to challenge themselves by tackling the world's signature races. You will also learn Yasso's methods for winning the greatest race of all, longevity, so that you can remain healthy, fit, and able to race for decades to come. Whether your goal is to complete a 5K or 10K race in your hometown or conquer the Antarctica Marathon, *Runner's World Race Everything* will be your guide.

**10k training plan beginner:** *Hansons Marathon Method* Luke Humphrey, 2016-01-01 Run your first marathon or your fastest with *Hansons Marathon Method*, the revolutionary training program from one of the best running teams in the world, the Hansons-Brooks Distance Project. In *Hansons Marathon Method*, the coaches of the Hansons-Brooks Distance Project reveal their innovative marathon training program that has helped thousands of runners become true marathoners and smash their personal bests. *Hansons Marathon Method* tosses out mega-long runs and high-mileage weekends--two old-fashioned running traditions that often injure and discourage

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**10k training plan beginner:** Enkindling the Endorphins of Endurance Dr K. Jayanth Murali, 2024-03-07 Embark on a transformative journey with Dr. K. Jayanth Murali in Enkindling the Endorphins of Endurance. Dive into the clandestine chapters of our evolutionary saga, where our ancestors were the unparalleled maestros of endurance. Our forgotten legacy, etched in the sinews of our DNA, invites us to relive the untamed spirit of ultimate endurance runners. So, Dr. Murali passionately champions the resurrection of long-distance running in today's sedentary landscape, entangled in the web of lifestyle maladies and addictive habits. Join him on an expedition to revive running's forgotten splendour, rekindle endurance genes, and reclaim primal well-being. This all-encompassing sweat-soaked guide weaves through training plans, long runs, nutrition, and beyond. Challenge yourself to push beyond limits, evolving from dreamers to unyielding cosmic athletes. Regardless of your starting point—novice, intermediate, unfit, or elite—this book is your kickstart to training. Magically, chaperone yourself to the start line and surge through the finish with unbelievable style. Feel the magic as you carve an extraordinary, endorphin-infused moment into your soul. This guide, a blend of practical wisdom and inspiration, unveils your inner warrior, unearthing latent determination to propel you through life's magnificent marathon finish line.

**10k training plan beginner:** Marathon Training: The Underground Plan To Run Your Fastest Marathon Ever : A Week by Week Guide With Marathon Diet & Nutrition Plan Jason Scotts, 2013-11-02 Marathon Training: The Underground Plan To Run Your Fastest Marathon Ever : A Week by Week Guide With Marathon Diet & Nutrition Plan reveals the methods used to turn runners into race winners. This book introduces method which will gradually build up the moderate-high mileage required for marathon success, spreading those miles more sensibly throughout the week. Running easy days mixed with precisely paced speed, strength, and tempo workouts, runners will steel their bodies and minds to run the hardest miles of the marathon. In addition, detailed nutrition and hydration chapters also help runners pinpoint their personal energy and hydration needs so they know precisely how much to eat and drink during workouts, race week, race day, and for recovery. This approach to pacing and nutrition means marathoners will never hit the wall. Marathon Training: The Underground Plan To Run Your Fastest Marathon Ever : A Week by Week Guide With Marathon Diet & Nutrition Plan lays out the smartest marathon training program week by week to mold real marathon muscles, train their body to never hit the wall, and prepare to run their fastest marathon ever.

**10k training plan beginner: From Couch to Marathon** Greta Rose, 2024-09-05 From Couch to Marathon: A Beginner's Guide to Running is your essential companion on the journey from sedentary to marathon-ready. Whether you've never run a mile in your life or are looking to step up your fitness game, Greta Rose's guide provides the motivation, tips, and strategies to help you succeed. This book isn't just about running; it's about transforming your mindset, building endurance, and embracing the joy of movement. Greta shares her personal story of overcoming her own struggles with running and offers practical advice to help you stay committed and enjoy the process. With this guide, you'll learn how to start running, set achievable goals, and find the mental strength to keep going, mile after mile. Get ready to lace up your sneakers and embark on a life-changing adventure.

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**10k training plan beginner: The Ultimate Nordic Pole Walking Book** Klaus Schwanbeck, 2014-01-17 If you are a Walking beginner, an advanced Walker or just walk with friends – this is the right book for you. Based on 400 scientific studies about Walking and Nordic Pole Walking, this book gives a deep, easy-to-read and comprehensive insight into the benefits of Nordic Pole Walking and Walking exercise. It teaches the correct Pole Walking technique and explains the body's physiological adaptation to achieve your fitness and health goals with this easy to perform, low impact exercise. It describes how Nordic Pole Walking, a sport that incorporates more than 90 percent of all body muscles, can prevent and help to cure most common health disorders, like obesity, back pain, high blood pressure, diabetes, arthritis and more. Scientifically proven self-testing tools help to check your actual fitness status and potential health risks. Practical weight loss concepts, nutrition advice and guidelines for lifestyle-changing lead you to a new quality of life. Detailed training plans from beginner to marathon level make it easy to achieve continuous success.

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**10k training plan beginner: The New Rules of Running** Vijay Vad, M.D., Dave Allen, 2014-04-01 The ultimate guide to injury-free running and racing, from renowned sports medicine specialist Vijay Vad with training schedules designed by coach and 2-time NYC Marathon Champion Tom Fleming Whether you're learning to run, trying to lower your Personal Record, recovering from injury, or just getting in shape, *The New Rules of Running* will make you a faster, healthier runner. The only book on running authored by a sports medicine specialist, this informative guide offers: A primer on running's most common injuries, emphasizing prevention and recovery, to get you through the grueling training months unscathed. Essential strengthening exercises, stretches, nutrition, and hydration tips.

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**10k training plan beginner: Daniels' Running Formula-3rd Edition** Jack Daniels, 2013-12-31 Get in the best shape of your running career! Daniels provides a results-proven formula to guide you through training at the right intensity to run stronger, longer, and faster. Each program incorporates training intensities to help you build endurance, strength, and speed.

**10k training plan beginner: Half Marathon Training** Dimo Nasira, 2018-02-01 So, you have decided to participate in your first half marathon; OWESOME! The great news is that by making this decision you are already half way there, and with this guide book I will take you through the remaining bit. The recommended training period averages from 8 to 12 weeks, I hope we have enough time before your marathon. Within this period, we will discuss: - 1. Training schedule 2. Training gear, like shoes 3. Recommended diet 4. Common injuries and how to avoid them 5. What

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**10k training plan beginner:** *Run Like a Pro (Even If You're Slow)* Matt Fitzgerald, Ben Rosario, 2022-03-01 Cutting-edge advice on how to achieve your personal best, for everyone from casual runners to ultramarathoners. In 80/20 Running, respected running and fitness expert Matt Fitzgerald introduced his revolutionary training program and explained why doing 80 percent of runs at a lower intensity and just 20 percent at a higher intensity is the best way for runners at all levels--as well as cyclists, triathletes, and even weight-loss seekers--to improve their performance. Now, in this eye-opening follow-up, Fitzgerald teams with Olympic coach Ben Rosario to expand and update the 80/20 program to include ultramarathon training and such popular developments as the use of power meters. New research has bolstered the case that the 80/20 method is in fact that most effective way to train for distance running and other endurance sports. *Run Like a Pro (Even If You're Slow)* shows readers how to take the best practices in elite running and adopt them within the limits of their own ability, lifestyle, and budget.

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**meta-20241231 -** □ ANNUAL REPORT PURSUANT TO SECTION 13 OR 15 (d) OF THE SECURITIES EXCHANGE ACT OF 1934

**cvs-20241231** Unless the context otherwise requires, references to the terms "we," "our" or "us" used throughout this Annual Report on Form 10-K (this "10-K") refer to CVS Health Corporation

**amzn-20241231 -** Indicate by check mark if the registrant is a well-known seasoned issuer, as defined in Rule 405 of the Securities Act. Yes ☐ No ☐

**cost-20240901 -** Certain statements contained in this document constitute forward-looking statements within the meaning of the Private Securities Litigation Reform Act of 1995. For

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