

12 week 10k training

12 week 10k training programs offer an effective and structured approach for runners aiming to complete a 10-kilometer race with improved endurance, speed, and confidence. Whether preparing for a first race or seeking to enhance previous performance, a well-designed 12 week 10k training plan balances mileage buildup, recovery, and speed work. This comprehensive guide explores the essential elements of a successful training regimen, including goal setting, weekly mileage progression, cross-training, nutrition, and injury prevention. By following a strategic schedule, runners can optimize their physical condition and mental readiness, ensuring peak performance on race day. The article further details sample weekly workouts, training tips, and common pitfalls to avoid during the preparation period. The following sections outline the key components of an effective 12 week 10k training plan.

- Understanding the 12 Week 10k Training Plan
- Weekly Training Structure and Progression
- Incorporating Speed and Endurance Workouts
- Cross-Training and Recovery Strategies
- Nutrition and Hydration for Optimal Performance
- Preventing Injuries During 10k Training
- Sample 12 Week 10k Training Schedule

Understanding the 12 Week 10k Training Plan

A 12 week 10k training plan is designed to progressively prepare runners for the demands of a 10-kilometer race. This timeframe allows sufficient duration to build aerobic capacity, enhance muscular strength, and develop running economy without risking burnout. The plan typically begins with establishing a solid running base and gradually introduces more intense workouts, such as intervals and tempo runs, to improve speed and stamina. The structured approach promotes consistency, helping runners stay motivated and reduce the likelihood of overtraining.

Goals and Expectations

Setting realistic goals is fundamental when embarking on a 12 week 10k training program. Goals may range from completing the race comfortably to achieving a personal record (PR). Understanding individual fitness levels, past running experience, and time availability will influence the training intensity and volume. Clear objectives help tailor the training plan, ensuring progressive overload while minimizing injury risk.

Importance of Consistency

Consistency is a cornerstone of successful 12 week 10k training. Regular running sessions build endurance and strengthen muscles, tendons, and ligaments. Missing multiple workouts can disrupt progress, while adherence to the training schedule fosters physiological adaptations necessary for race readiness. Incorporating rest days and listening to the body's signals ensure sustainable improvements.

Weekly Training Structure and Progression

A thoughtfully structured weekly training routine balances running volume, intensity, and recovery. The 12 week 10k training plan typically includes a mix of easy runs, long runs, speed workouts, and rest days, progressively increasing mileage to enhance aerobic capacity.

Base Building Phase

The initial 4 to 6 weeks focus on establishing a running base with predominantly easy-paced runs. This phase prepares the cardiovascular system and musculoskeletal structure for more demanding workouts. Weekly mileage is gradually increased by approximately 10% each week to prevent injury.

Increasing Intensity Phase

During weeks 7 to 10, runners introduce interval training, tempo runs, and hill workouts to develop speed and lactate threshold. These workouts improve running efficiency and aerobic power, essential for competitive 10k performance. Long runs continue to build endurance but at a steady pace.

Tapering Phase

The final two weeks involve tapering, where training volume decreases to allow full recovery and peak performance on race day. Maintaining some intensity with reduced mileage helps retain fitness while preventing fatigue.

Incorporating Speed and Endurance Workouts

Speed and endurance workouts are integral components of the 12 week 10k training plan, targeting different physiological systems to optimize race performance.

Interval Training

Interval workouts consist of repeated bouts of high-intensity running interspersed with recovery periods. These sessions improve VO2 max, running economy, and mental toughness. Typical intervals for 10k training range from 400 meters to 1 mile at a pace faster than race effort.

Tempo Runs

Tempo runs, or threshold runs, are sustained efforts at a comfortably hard pace just below lactate threshold. They enhance the body's ability to clear lactic acid and sustain faster paces for longer durations. A typical tempo run lasts 20 to 40 minutes at approximately 80-90% of maximum heart rate.

Long Runs

Long runs build aerobic endurance and teach the body to utilize fat as a fuel source efficiently. These runs are performed at an easy, conversational pace and gradually increase in distance throughout the training cycle. Long runs also improve mental stamina and running form under fatigue.

Cross-Training and Recovery Strategies

Cross-training and recovery are vital for injury prevention and overall training effectiveness. They complement running workouts by enhancing muscular balance and reducing repetitive strain.

Cross-Training Options

Incorporating activities such as cycling, swimming, or elliptical training can improve cardiovascular fitness while minimizing impact on joints. Strength training, particularly focusing on the core, hips, and legs, supports running mechanics and power.

Recovery Techniques

Active recovery, stretching, foam rolling, and adequate sleep facilitate muscular repair and reduce soreness. Scheduled rest days allow the body to adapt to training stresses, preventing overuse injuries and burnout.

Nutrition and Hydration for Optimal Performance

Proper nutrition and hydration underpin successful 12 week 10k training by fueling workouts and supporting recovery.

Macronutrient Balance

A balanced diet rich in carbohydrates, moderate protein, and healthy fats provides the energy required for training and repair. Carbohydrates are particularly important for replenishing glycogen stores depleted during runs.

Pre- and Post-Workout Nutrition

Consuming easily digestible carbohydrates and adequate fluids before workouts ensures optimal performance. Post-run meals should include protein to

facilitate muscle repair and carbohydrates to restore energy reserves.

Hydration Strategies

Maintaining hydration before, during, and after runs prevents dehydration-related fatigue and cramps. Water is generally sufficient for runs under an hour, while electrolyte replacement may be necessary for longer or more intense sessions.

Preventing Injuries During 10k Training

Injury prevention is critical during a 12 week 10k training plan to maintain consistency and performance levels.

Gradual Mileage Increase

Adhering to the 10% rule—limiting weekly mileage increases to no more than 10%—reduces stress on muscles and connective tissues. Sudden spikes in training volume are a common cause of overuse injuries.

Proper Footwear and Running Form

Using appropriate running shoes that offer adequate support and cushioning minimizes impact forces. Maintaining good running mechanics, such as proper posture and cadence, decreases injury risk.

Listening to the Body

Recognizing early signs of injury, such as persistent pain or discomfort, and adjusting training accordingly prevents more severe conditions. Incorporating rest or cross-training when necessary aids recovery.

Sample 12 Week 10k Training Schedule

A sample schedule outlines a balanced approach to weekly workouts, accommodating progression and recovery phases within the 12 week period.

1. **Weeks 1-4 (Base Building):** 3-4 runs per week, including one long run starting at 3 miles and increasing to 5 miles; easy pace runs; 1-2 rest days.
2. **Weeks 5-8 (Intensity Increase):** Introduction of interval workouts (e.g., 4x800m), tempo runs (20-30 minutes), long runs extending to 6-7 miles; strength training and cross-training on non-running days.
3. **Weeks 9-10 (Peak Training):** Higher intensity intervals (e.g., 6x800m), longer tempo runs (30-40 minutes), long runs at 7-8 miles; emphasis on recovery and nutrition.

4. **Weeks 11-12 (Taper):** Reduced mileage by 40-50%, maintaining intensity with shorter intervals and tempo runs; focus on rest and race preparation.

Frequently Asked Questions

What is a 12 week 10k training plan?

A 12 week 10k training plan is a structured schedule designed to prepare runners to complete a 10-kilometer race in 12 weeks, gradually increasing mileage and intensity to build endurance and speed.

Who is a 12 week 10k training plan suitable for?

It is suitable for beginner to intermediate runners who have some basic fitness and want to improve their 10k performance or complete their first race.

How many days per week should I train in a 12 week 10k program?

Most 12 week 10k training plans recommend running 3 to 5 days per week, combined with rest or cross-training days for recovery.

What types of workouts are included in a 12 week 10k training plan?

Workouts typically include easy runs, long runs, tempo runs, interval training, and rest or cross-training days to improve speed, endurance, and recovery.

How important is rest in a 12 week 10k training schedule?

Rest is crucial to allow muscles to recover and prevent injury. Most plans include at least one or two rest days per week.

Can I follow a 12 week 10k training plan if I am a beginner?

Yes, many 12 week plans are designed with beginners in mind, gradually building up mileage and intensity to safely prepare for race day.

Should I include strength training in my 12 week 10k training?

Including strength training 1-2 times per week can help improve running performance and reduce injury risk by strengthening muscles and joints.

How can I stay motivated throughout the 12 week 10k training?

Setting goals, tracking progress, running with a group or partner, and mixing up workouts can help maintain motivation during the training period.

What nutrition tips should I follow during a 12 week 10k training plan?

Focus on a balanced diet with adequate carbohydrates for energy, protein for muscle repair, hydration, and avoid excessive processed foods to support training and recovery.

Additional Resources

1. *12-Week 10K Training Plan: From Beginner to Racer*

This book offers a comprehensive 12-week training schedule designed for runners of all levels aiming to complete a 10K race. It breaks down weekly workouts, including easy runs, speed work, and rest days to optimize performance. The author emphasizes gradual progression and injury prevention throughout the plan.

2. *Fast Track to 10K: A 12-Week Guide for Runners*

Targeting runners looking to improve their 10K times, this guide combines interval training, tempo runs, and strength exercises. The 12-week framework helps build endurance and speed methodically. It also includes nutrition tips and mental strategies for race day success.

3. *Run Your Best 10K in 12 Weeks*

Focusing on both physical and mental preparation, this book provides a structured 12-week plan to help runners reach peak performance. It covers essential topics like pacing, cross-training, and race tactics. The author includes motivational advice to keep runners committed.

4. *10K Training Made Simple: A 12-Week Plan for Beginners*

Ideal for new runners, this book breaks down the 10K training process into manageable weekly goals. It emphasizes building a running base, improving cardiovascular fitness, and gradually increasing mileage. The plan is supported by guidance on proper running form and injury prevention.

5. *The 12-Week 10K Training Workbook*

This interactive workbook combines a training schedule with space for logging workouts, tracking progress, and reflecting on performance. It offers worksheets for goal setting, nutrition planning, and post-run recovery strategies. The hands-on approach helps runners stay organized and motivated.

6. *10K in 12 Weeks: A Runner's Coaching Manual*

Written by a professional running coach, this manual provides detailed explanations for each workout in the 12-week program. It includes advice on adapting the plan for different fitness levels and overcoming common training challenges. The book also covers injury management and mental toughness.

7. *12 Weeks to Your First 10K*

Designed specifically for first-time racers, this book guides readers through a safe and effective 12-week training plan. It focuses on building confidence, stamina, and race-day readiness. The author shares personal

stories and tips to inspire and encourage beginners.

8. *10K Training for Busy People: 12 Weeks to Success*

This book addresses the challenges of fitting training into a hectic schedule. The 12-week plan includes flexible workouts that can be adjusted for time constraints without sacrificing results. It also offers advice on balancing work, family, and fitness commitments.

9. *Peak Performance 10K: 12 Weeks to Your Personal Best*

Aimed at experienced runners, this book provides an advanced 12-week training regimen focused on speed and endurance. It incorporates hill training, interval workouts, and race simulations to push performance limits. Additionally, it discusses recovery techniques and injury prevention for competitive athletes.

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12 week 10k training: 5K and 10K Training Brian Clarke, 2008-11-14 Make your workouts count with the breakthrough system that synchronizes your energy levels with your training effort. Instead of fighting your body to finish a workout just because it's written on the calendar, choose the most effective workout from 5K and 10K Training based on your body's capacity to perform at any given time. Effort-based training maximizes training adaptation by matching the goal of each workout with its optimal training level: hard when energy is high and recovery is adequate, and easy when energy is low and you're under physical stress. Effort-based training also gives you the most control over the training process, allowing you to stay injury free while actually increasing the energy you have available for workouts. Sample programs contain a variety of schedules and detailed workouts for developing five race-specific abilities. Run stronger and faster with more energy by using the proven system in 5K and 10K Training. With customizable programs to choose from and accompanying training logs you can use to record and evaluate your progress, this unique system is the fastest way to reach your training goals.

12 week 10k training: The Competitive Runner's Handbook Bob Glover, Shelly-lynn Florence Glover, 1999-04-01 For both runners entering that first neighborhood race and elite marathoners, trainers Bob and Shelly-lynn Florence Glover's completely revised guide is the book on training to compete. A book that's already sold close to 200,000 copies, *The Competitive Runner's Handbook* will now offer all the latest information needed to design basic training programs; special workouts to increase strength, endurance, and power; schedules and worksheets to develop individual goals; and specifics on preparing for all kinds of races—with an emphasis on the 10K and the marathon. Informed by their over thirty years of coaching experience, the Glovers give winning tips on alternative training, footwear and diet, and common injuries and illnesses, as well as sensible advice on balancing running with work and home life.

12 week 10k training: Walk Your Way Fit Sarah Zahab, 2025-07-31 *Walk Your Way Fit* offers proven walking programs for all fitness levels and goals. It covers topics such as walking form, strength exercises, dynamic warm-ups, active and static stretches, modifications, and amplification tips and strategies, helping readers find enjoyment and success in reaching their health and fitness

goals.

12 week 10k training: Daniels' Running Formula Jack Daniels, 2022 In the fourth edition of Daniels' Running Formula, legendary running coach Jack Daniels has refined his revolutionary VDOT system, providing more precise training pace plans and expanding coverage of ultradistance training, triathlon preparation, and training in challenging environments.

12 week 10k training: Summary of Matt Fitzgerald's 80/20 Running Milkyway Media, 2024-01-24 Get the Summary of Matt Fitzgerald's 80/20 Running in 20 minutes. Please note: This is a summary & not the original book. 80/20 Running by Matt Fitzgerald introduces a training philosophy where 80% of running is at low intensity and 20% at moderate to high intensity. This approach, supported by historical evidence and scientific research, suggests that most runners overtrain at moderate intensity, which is less effective for improving performance. Fitzgerald explains that runners often suffer from intensity blindness, not realizing they are exerting more effort than necessary...

12 week 10k training: Power Stride Ava Thompson, AI, 2025-03-18 Power Stride unlocks the secrets to efficient running by diving deep into stride mechanics and biomechanics. It reveals how optimizing your foot strike and cadence isn't just about speed; it's key to injury prevention and enhanced endurance. Did you know that small adjustments in your running form can drastically reduce the metabolic cost of running? Or that understanding ground reaction force can help you avoid common overuse injuries? This book provides a progressive understanding of running biomechanics, from core concepts to practical exercises. It examines running form, including foot strike patterns, and offers training plans to help personalize your running improvement strategy. Power Stride emphasizes self-assessment and continuous refinement, making it a valuable resource for runners of all levels seeking to maximize their performance and minimize risks.

12 week 10k training: Run Faster from the 5K to the Marathon Brad Hudson, Matt Fitzgerald, 2008-07-29 Learn how to run faster, unlock your potential, and reach peak performance with this practical guide featuring training advice from a former Olympic trials marathoner and coach to Olympians. "Reading this book can help take you to the next level and keep pushing you up as far and fast as you want to go."—Sarah Toland, former NCAA All-American, USA National Cross-Country Team member, and Olympic Trials qualifier for the 5,000 and 10,000 Brad Hudson is the most innovative running coach to come along in a generation. Until now, only a handful of elite athletes have been able to benefit from his methods. With Run Faster from the 5K to the Marathon, Hudson shows all runners how to coach themselves as confidently and effectively as he coaches his world-class athletes. Becoming your own best coach is the ticket to running faster at any distance. First, you will learn to assess your abilities. Then you'll learn how to devise a training program specifically geared to you. Filled with easy-to-follow sample training programs for distances ranging from the 5K to the marathon and abilities ranging from novice to advanced, this is the cutting-edge guide for optimal performance. With Hudson's guidance, you can train smarter and more effectively—and avoid injury. And you'll soon be running faster than you ever thought possible!

12 week 10k training: No Meat Athlete Matt Frazier, Matthew Ruscigno, 2018-09-18 A vegan ultramarathoner "provides the roadmap to wellness and performance no matter where the journey takes you" (Scott Jurek, world-renowned Ultramarathon champion and New York Times-bestselling author). Veganism is taking off in the sports world. The lifestyle has been adopted by Olympians, body builders, and boxers, as well as top athletes in the NBA and NFL. Hollywood is on board, too. James Cameron (director of Avatar and Titanic) has produced a film on the topic called The Gamechangers, which follows vegan athletes, including Arnold Schwarzenegger, US Olympian Kendrick James Farris, and surfer Tia Blanco. In No Meat Athlete, author, blogger, and hundred-mile ultramarathoner Matt Frazier will show you the many benefits to embracing a plant-based athletic lifestyle, including: ·Weight loss, which often leads to increased speed ·Easier digestion and faster recovery after workouts ·Improved energy levels to help not only athletic performance, but your daily life ·Reduced impact on the planet In this revised and updated edition, you'll also find new recipes, advice, and an all-new twelve-week strength training plan designed to improve your overall

fitness. Section I of the book provides practical advice for transitioning to a plant-based lifestyle, while ensuring you are getting all the nutrition you need. In Section II, Matt delivers training manuals of his own design for runners of all ability levels and ambitions, including tips for creating healthy habits, improving performance, and avoiding injuries. No Meat Athlete is your road map to top-notch performance, the plant-based way! “Matt Frazier presents the tools and information . . . in a way that is downright approachable, leaving his readers energized with a sense of possibility.”

—Brendan Brazier, Ultramarathon champion, professional Ironman triathlete, and author of Thrive

12 week 10k training: The Ultimate Trail Running Handbook Claire Maxted, 2021-01-07 'Filled to the brim with advice, tips and inspiration to enable you to achieve your dreams 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.

12 week 10k training: Brain Training For Runners Matt Fitzgerald, 2007-09-04 Based on new research in exercise physiology, author and running expert Matt Fitzgerald introduces a first-of-its-kind training strategy that he's named Brain Training. Runners of all ages, backgrounds, and skill levels can learn to maximize their performance by supplying the brain with the right feedback. Based on Fitzgerald's eight-point brain training system, this book will help runners: - Resist running fatigue - Use cross-training as brain training - Master the art of pacing - Learn to run in the zone - Outsmart injuries - Fuel the brain for maximum performance Packed with cutting-edge research, real-world examples, and the wisdom of the world's top distance runners, Brain Training for Runners offers easily applied advice and delivers practical results for a better overall running experience.

12 week 10k training: Slow AF Run Club Martinus Evans, 2023-06-06 A practical guide and a celebration of running for runners of all sizes and athletic ability, from the founder of the Slow AF Run Club. Ten years ago, Martinus Evans got some stern advice from his doctor: “Lose weight or die.” First defensive, but then defiant, Evans vowed that day to run a marathon, though his doctor thought he was crazy. Since then, Evans has run eight marathons and hundreds of other distances in his 300-something pound body, created his own devoted running community, and has been featured on the cover of Runner’s World. This book is a blueprint for those who may not fit the image of a “traditional” runner—that is, someone who is larger in size, less athletic, out of shape, or dealing with any kind of health issue that slows them down—to feel empowered to lace up their shoes and embrace the body they have right now. As Evans says, the incredible benefits of running—better sleep, strong muscles and bones, better cardiovascular and mental health, and a sense of community—can and should be available to all of us. This practical handbook contains specialized advice to make getting started less intimidating, covering everything from gear and nutrition to training schedules, recovery tips, races (it’s okay to come in DFL! [i.e., dead f*cking last]), and finding a running group. Full of essential advice and humor from a former newbie who fell off a treadmill on his first run (literally), The Slow AF Run Club is for anyone who wants to pick up running for the sheer joy of it.

12 week 10k training: The Born Again Runner Pete Magill, 2016-10-09 Pete Magill’s The Born Again Runner is a one-of-a-kind guide for everyone who wants to run but feels they can’t. As a drug-addled young man, Pete Magill once found himself in the ER, with his body telling him to give up. Taking up running seemed impossible—but he willed himself to do it anyway. Magill went on to

become one of the fastest masters runners ever, a multi-USA Masters Cross Country Runner of the Year, and a sought-after coach. Over a glowing (albeit hard-won) career, he has heard every excuse people use to stop running or never start—from achy knees and sore ankles, to advanced age and arthritis, to too many cigarettes or years on the couch. In every case, Magill's best advice is to do what he did: Run anyway—at a pace and mileage that work. Through inspiration, science, and anecdote, Magill gets runners out the door; through personal action plans, he sets them on the right path; and through the best exercises to protect and rehabilitate the body, he keeps them going—showing a way forward for new and sidelined runners who haven't before realized how close they are to fun and pain-free running! "Whether you're just starting out as a runner or starting afresh, you can do no better than heed the guidance of running's ultimate comeback kid, Pete Magill, as presented in *The Born Again Runner*." —Matt Fitzgerald, award-winning co-author of *Pain & Performance* "Myths are busted and excuses are denied. . . . It will be pretty difficult to deny Magill, so just get out there, start, and stay with your running regime." —Portland Book Review

12 week 10k training: Breakthrough Women's Running Neely Spence Gracey, Cindy Kuzma, 2022-04-06 Breakthrough Women's Running propels female runners past their challenges to become the best runners they can be. It includes training plans, exercises, and stretches to build strength and stamina, and it offers guidance on training through the menstrual cycle, while pregnant, and after childbirth.

12 week 10k training: The Complete Idiot's Guide to Running Bill Rodgers, Scott Douglas, 2003 Offers motivation to begin running plus warm-up exercises and tips for building stamina, avoiding injury, and choosing the right shoes and clothing.

12 week 10k training: Faster Road Racing Pete Pfitzinger, Philip Latter, 2014-11-24 Set PRs in the most popular race distances. Renowned running authority, coach, and best-selling author Pete Pfitzinger teams with Philip Latter, senior writer for Running Times, in this must-have training guide for the most popular race distances, including the 5K, 10K, and half marathon. *Faster Road Racing: 5K to Half Marathon* presents easy-to-follow programs proven to give you an edge in your next race. You'll discover detailed plans for race-specific distances as well as expert advice on balancing training and recovery, cross-training, nutrition, tapering, and training over age 40. And for serious runners who compete in numerous races throughout the year, Pfitzinger's multi-race, multi-distance training plans are invaluable. *Faster Road Racing* is your all-inclusive resource on running your fastest at distances of 5K, 8K to 10K, 15K to 10 miles, and the half marathon.

12 week 10k training: Personal Best Running Mark Coogan, Scott Douglas, 2023-02-03 Good racing doesn't just happen. It's a skill that must be honed with training and hard work. In *Personal Best Running*, Coach Mark Coogan shares his successful formula for running fast-while staying healthy and happy-without running taking over your life. Coach Coogan has produced numerous Olympic and champion runners. He will provide you with the physical and psychological strategies needed to build an aerobic base, balance hard work and recovery, improve running form, and turn adversity into an advantage. You'll find strengthening and warm-up exercises and will learn running drills that can make you a stronger runner. Plus, 30 video clips will show you the exercises and drills in action. In *Personal Best Running*, you'll find training schedules for everything from the mile to the marathon, with options for training length (by weeks) and weekly mileage. The plans are supplemented with Coogan's training and racing tips that you can incorporate into your own running strategy. You'll also get a personal look at what successful runners do: Coach Coogan imparts his own experiences as one of the sport's top runners and coaches, and he shares profiles of accomplished runners, such as Elle St. Pierre, Heather MacLean, Abbey D'Agostino Cooper, Sam Chelanga, and Alexi Pappas, who explain how Coogan's methods helped them reach their running potential. If you want to run better and race faster, now is your chance to train with Coach Coogan and *Personal Best Running*.

12 week 10k training: Running Fitness - From 5K to Full Marathon David Ross, 2015-02-20 *Running Fitness* presents a structured and practical training guide aimed at a large portion of the running community, including beginners and those looking to improve in the sport. Author David

12 week 10k training: Running Log April Powers, 2003-05

12 week 10k training: *The Complete Idiot's Guide to Running, 3rd Edition* Bill Rodgers, Scott

12 week 10k training: Build Your Running Body: A Total-Body Fitness Plan for All Distance

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第 12 章 数据库系统 第 12 章 数据库系统 12.1 数据库系统的组成 12.2 数据库系统的层次结构 12.3 数据库系统的功能

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