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running a mile as fast as possible requires speed and fitness the 1 600 m run or metric mile is a blue ribbon event in athletics for many years it was a race to see who would break the four minute barrier a feat eventually achieved by briton roger bannister in 1954

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this method focused on providing for better health and longer life by unlocking the flow of energy chi in the body today martial arts such as tai chi are used as methods of exercise after communists came to power in china in 1949 the government again fostered the martial arts as a competitive sport

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