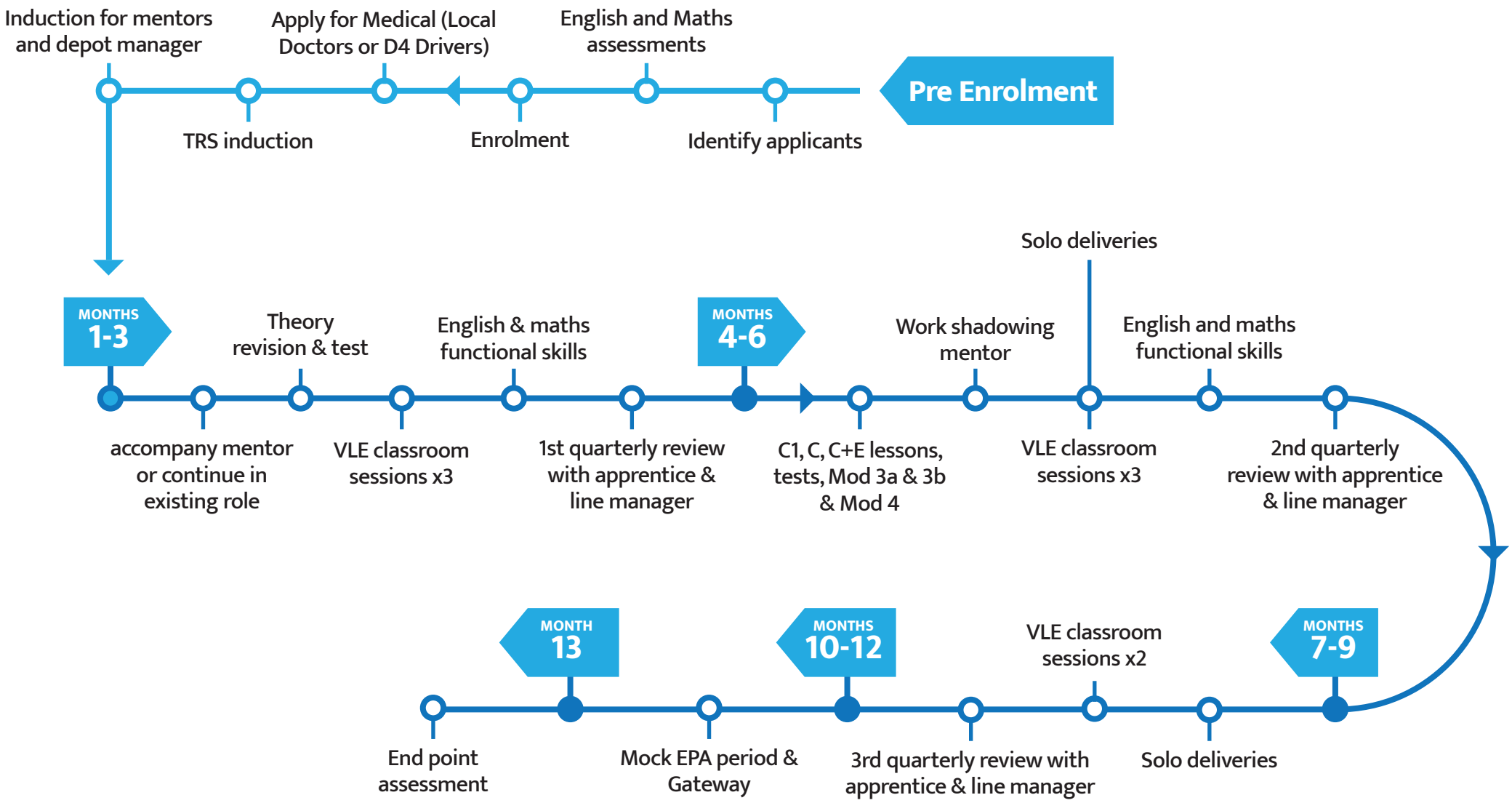LGV Training plan