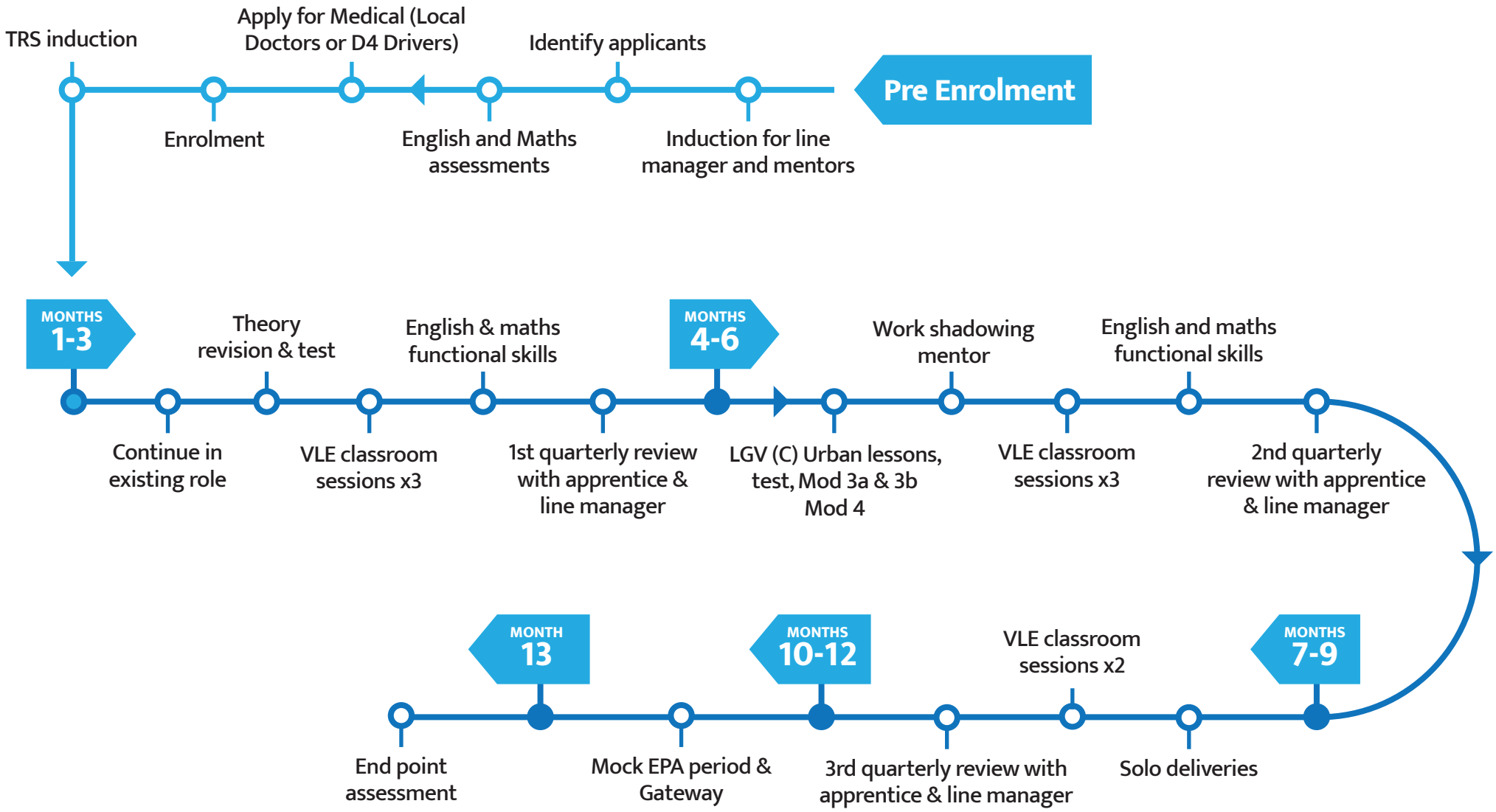LGV C (Urban) Training Plan