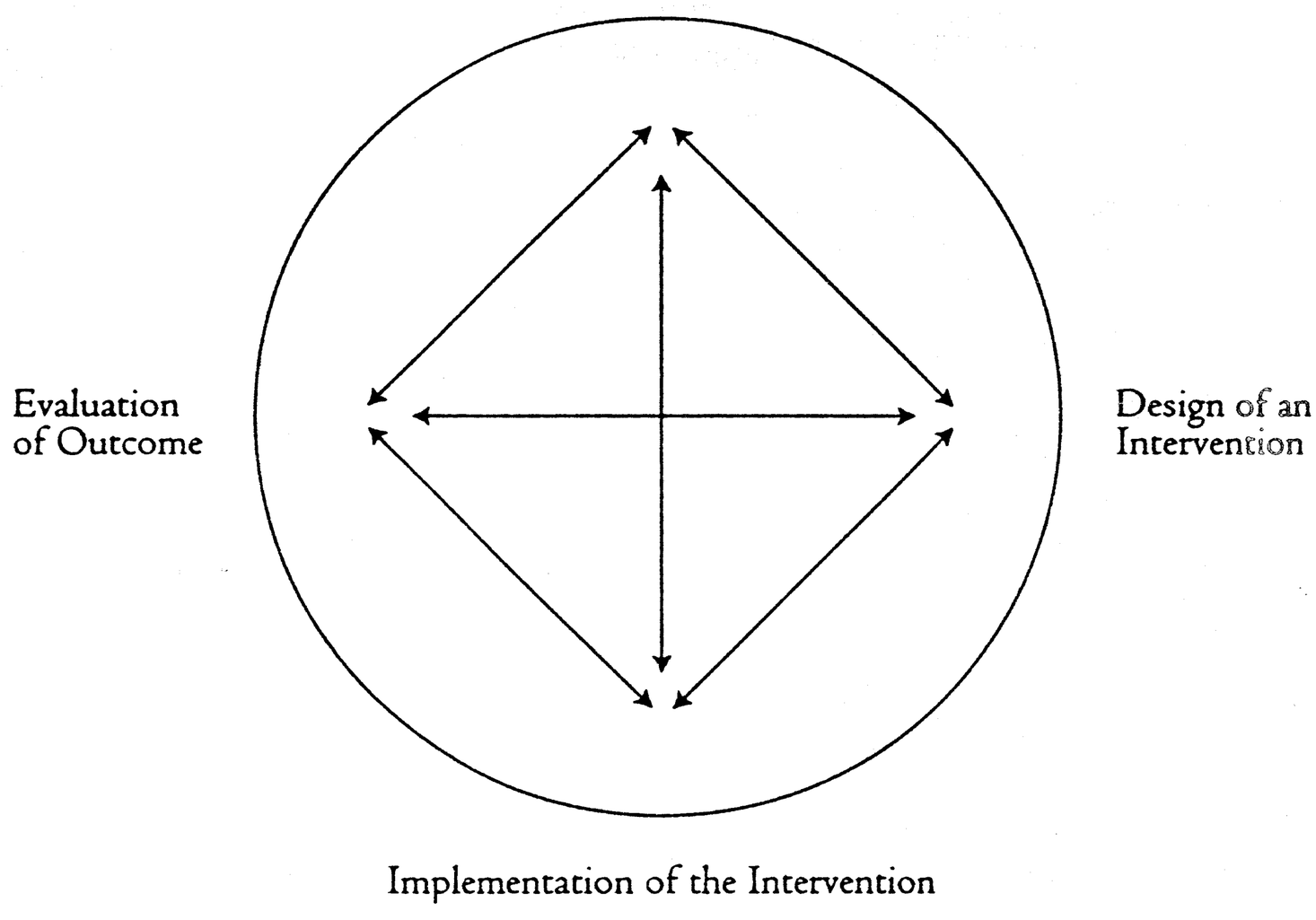

The training cycle: the interelationship of stages