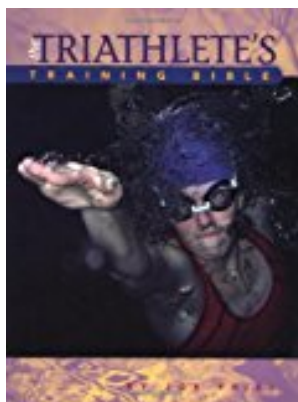


[PDF] The Triathlete's Training Bible: A Complete Training Guide For The Competitive Multisport Athlete

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Description:

About the Author As an age-group competitor, is Colorado State Masters Triathlon Champion.

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