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Week-12 Strength Training Interval Swim
Easy Run Interval Swim Tempo Run Endurance Bike Endurance Run Main Set -
8x50M; 8x25 (1600m Total) 6 Miles Main Set - 4x200m (1600m Total) 45 Minutes
With Last 15 Minutes Comfortably Hard 45 Miles 10 Miles Interval Bike Easy Bike
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