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Strength Training For Triathletes / Patrick Hagerman. P. Cm. ISBN 978-1-934030-15-8 (alk. Paper) 1. Triathlon—Training. 2. Physical fitness. I. Title. GV1060.73.H34 2008 796.42'57—dc22 2008018542 Printed In China / Asia Pacific Offset 08 09 10 / 10 9 8 7 6 5 4 3 2 1 Excerpt From Strength Train 11th, 2024

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