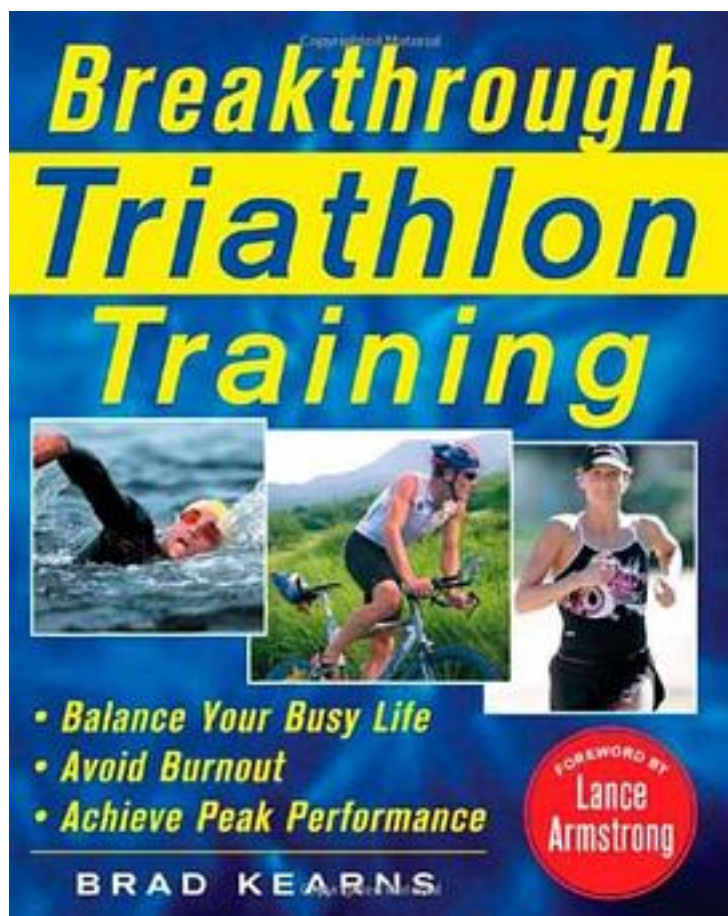


Breakthrough Triathlon Training



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著者:Kearns, Brad

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This is the perfect triathlete training guide - whether you're a beginner or are simply looking to improve your performance. "Breakthrough Triathlon Training" helps you discover your own abilities, identify weaknesses, and overcome pitfalls on the way to triathlon success. Brad Kearns shows you how to set realistic goals, and provides all

the nuts and bolts of training, including sample exercises and flexible workout schedules to fit the demands of everyday life.

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