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The Complete Book of Triathlon Training Mark Kleanthous, 2012 Covers all aspects of triathlon from getting started to training to how to finish a race

Runner's World Complete Book of Running Editors of Runner's World Magazine, 2009-12-22 Revised and updated edition of the popular book on everything you need to know about running

Summary of The Women's Health Big Book of Exercises SellWave Audio, 2025-10-31 The Women's Health Big Book of Exercises is a definitive fitness resource designed to help women achieve stronger leaner and healthier bodies As the most comprehensive exercise guide created specifically for women it serves as an essential tool for beginners seeking guidance and for seasoned fitness enthusiasts aiming to refine their routines Packed with hundreds of tips the book draws on the latest exercise science and showcases innovative workouts from top trainers This

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