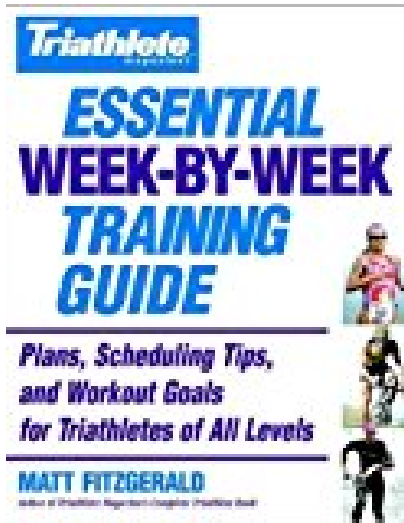


# Triathlete Magazines Essential Week-by-Week Training Guide Plans Scheduling Tips and Workout Goals for Triathletes of All Levels

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## BOOK DETAILS

- Author : Matt Fitzgerald
- Pages : 480 Pages
- Publisher : Grand Central Life & Style
- Language : English
- ISBN : 0446696765

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## **BOOK SYNOPSIS**

From Triathlete magazine - the most popular and extensive source for triathlon information - comes this guidebook of weekly training plans for triathletes of all skill levels.

### **TRIATHLETE MAGAZINES ESSENTIAL WEEK-BY-WEEK TRAINING GUIDE PLANS SCHEDULING TIPS AND WORKOUT GOALS FOR TRIATHLETES OF ALL LEVELS**

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