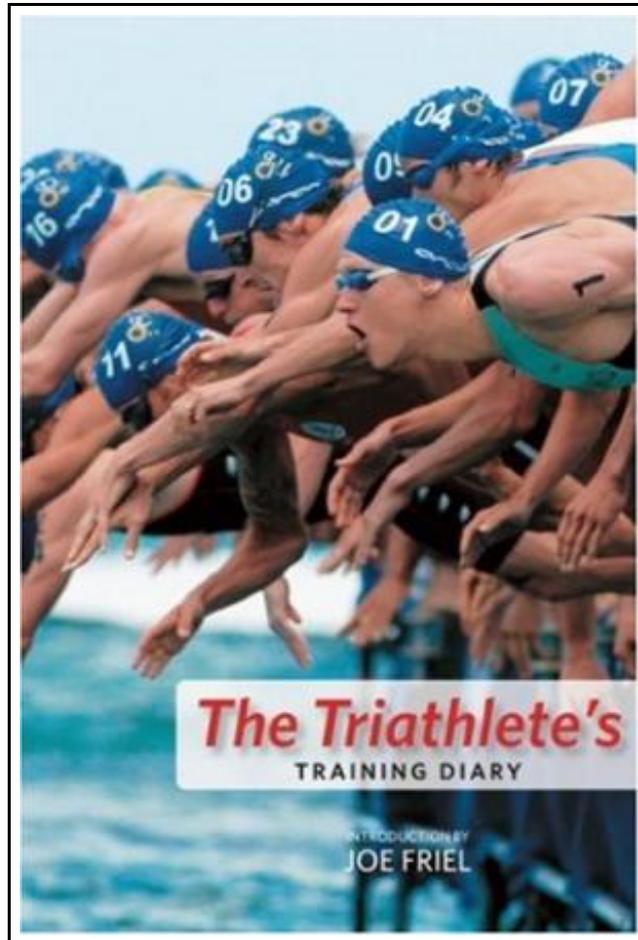


The Triathlete's Training Diary



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THE TRIATHLETE'S TRAINING DIARY



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