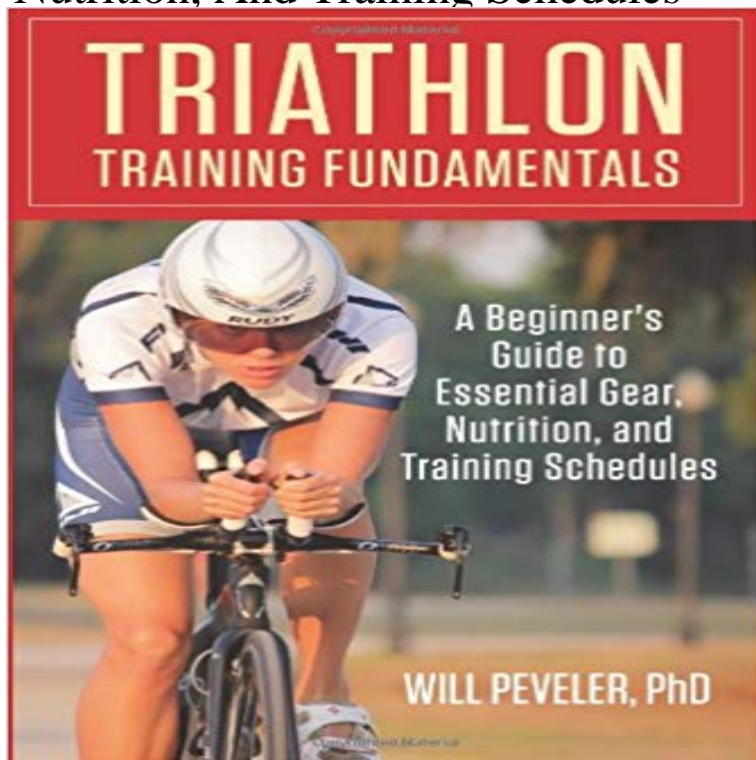


Triathlon Training Fundamentals: A Beginners Guide To Essential Gear, Nutrition, And Training Schedules



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