

## Your Best Triathlon Joe Friel Free Pdf

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Week-12 Strength Training Interval Swim Easy Run Interval Swim Tempo Run Endurance Bike Endurance Run Main Set - 8x50M; 8x25 (1600m Total) 6 Miles Main Set - 4x200m (1600m Total) 45 Minutes With Last 15 Minutes Comfortably Hard 45 Miles 10 Miles Interval Bike Easy Bike Swim Time Trial 45 Minutes With 8x1:00 Minute Fast UH 45 Minutes Main Set - 800m TT (1800m Total) Week-11 Strength Training ... Mar 1th, 2024

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RUN TIME Jul 3th, 2024

### **Blackpool Junior Triathlon Incorporating The Triathlon ...**

Approximate Race Times The First Wave Will Start Promptly At 11.00am With Tri Star Start, Supersprint, Sprint, T1, T2 And T3. Juniors And Youths Wave Start Times Will Be On Display At Registration And We Will Make Every Effort To Adhere To These. Provisional Timetable - Subject To Chang Jul 1th, 2024

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CD1 1-1 Unchain My Heart 5:06 1-2 Summer In The City 3:52 1-3 N'oubliez Jamais 4:43 1-4 Could You Be Loved 4:17 1-5 The Simple Things 4:48 1-6 I Put A Spell On You 4:32 1-7 Let The Healing Begin 4:09 1-8 Feb 2th, 2024

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