

OLYMPIC TRIATHLON TRAINING PLAN

16 WEEKS (FOR BEGINNERS)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	8 x 2 Min Run/ 1 Min Walk	Easy Cycle 20 Min	10 x 25m Swim (30s Rests)	Rest Day	8 x 3 Min Run/ 1 Min Walk	10 x 50m Swim (45s Rests)	Rest Day
2	4 x 5 Min Run/ 2 Min Walk	Easy Cycle 30 Min	5 x 100m Swim (60s Rests)	Rest Day	2 Mile Run (Walk When Needed)	10 Min Swim (Non Stop)	Rest Day
3	Easy Run 1 Mile (Non Stop)	Easy Cycle 45 Min	10 x 50m Zone 4 Swim (60s Rests)	Rest Day	Easy Run 1.5 Miles (Non Stop)	Cycle 10 x 2 Min (Zone 4)/ 1 Min Recovery	Rest Day
4	Easy Run 2 Miles	Easy Cycle 50 Min	Easy Swim 15 Mins (Non Stop)	Rest Day	10 x 1 Min Run (Zone 4)/ 1 Min Jog (Zone 1)	Brick 10 Min Swim + 45 Min Bike (Zone 3)	Rest Day
5	Easy Run 2 Miles + 4 x 50m Strides	Easy Cycle 60 Min	2 x 300m Zone 3 Swim (90s Rests)	Rest Day	Easy Swim 20 Mins (Non Stop)	Brick 30 Min Cycle + 10 Min Run	Rest Day
6	Easy Run 2.5 Miles + 4 x 50m Strides	Easy Cycle 70 Min	2 x 400m Zone 3 Swim (90s Rests)	Rest Day	1000m Zone 2 Swim	Swim 500m + Run 2 Miles + Cycle 10 Miles	Rest Day
7	Easy Run 3 Miles + 4 x 75m Strides	Easy Cycle 75 Min	2 x 400m Zone 3 Swim (90s Rests)	Rest Day	Brick 45 Min Cycle (Zone 2) + 15 Min Run (Zone 3)	Cycle 5 x 3 Min (Zone 4)/ 1 Min Recovery	Rest Day
8	Easy Run 2 Miles + 4 x 75m Strides	30 Min Cycle (Zone 2)	10 Min Zone 2 Swim	Rest Day	Easy Run Or Cycle 20 Mins	Race Simulation: Sprint Triathlon Distances	Rest Day
9	3 Mile Run (Zone 2-3)	15 Mile Cycle (Zone 2)	4 x 200m Zone 3 Swim (90s Rests)	Rest Day	16 Mile Cycle with 4 x 5 Min (Tempo Pace)/ 90s Recovery	600m Easy Swim with 4 x 25m Sprints	Rest Day
10	Easy Run 4 Miles + 4 x 75m Strides	Easy Cycle 18 Miles	2 x 500m Zone 3 Swim (90s Rests) + 4 x 25m Sprints	Rest Day	Brick 60 Min Cycle (Zone 2) + 30 Min Run (Zone 3)	25 Min Cycle (Tempo Pace)	Rest Day
11	Easy Run 4.5 Miles + 4 x 75m Strides	Easy Cycle 20 Miles	Easy Swim 800m + 4 x 25m Sprints	Rest Day	4 Mile Run with 2 x 10 Min (Tempo Pace)/ 90s Recovery	Swim 8 x 100m (Zone 3-4)/ 1 Min Rests	Rest Day
12	Easy Run 5 Miles + 4 x 75m Strides	60 Min Cycle with 3 x 10 Min (Tempo Pace)/ 2 Mins Recovery	Easy Swim 1000m + 4 x 25m Sprints	Rest Day	Easy Cycle 20 Min	Swim 1000m + Cycle 18 Miles + Run 3 Miles	Rest Day
13	Easy Run 5.5 Miles + 4 x 75m Strides	Easy Cycle 22 Miles	1200m Zone 2 Swim	Rest Day	5 Mile Run with 10 x 90s (Zone 4)/ 60s Recovery	Swim 5 x 300m (Zone 4) with 4 x 25m Sprints	Rest Day
14	Easy Run 6 Miles + 4 x 75m Strides	75 Min Cycle (Zone 2) with 2 x 20 Mins (Tempo Pace)	3 x 500m Zone 3 Swim (90s Rests)	Rest Day	1500m Zone 2 Swim	Easy Cycle 25 Miles	Rest Day
15	Easy Run 6 Miles + 4 x 75m Strides	60 Min Cycle with 10 x 3 Min (Zone 4)/ 1 Min Recovery	4 x 400m Zone 3 Swim (90s Rests)	Rest Day	4 Mile Run (Zone 2) with 10 x 90s (Zone 4)/ 30s Recovery	Brick Swim 1000m + Cycle 18 Miles	Rest Day
16	Easy Run 3 Miles + 4 x 75m Strides	Easy Cycle 30 Min	15 Min Zone 2 Swim	Rest Day	Easy Run Or Cycle 20 Mins	Race Day!	

- **Warm-Ups and Cool-Downs:** On all but the easiest workouts, make sure you warm up and cool down with 5 minutes of gentle exercise to keep yourself in tip-top condition and reduce the risk of injury.
- **Rest Days:** No structured exercise. Focus on rest and recovery (stretching, foam rolling, taking it easy).
- **Easy Runs:** Run at a conversational pace to aid recovery from harder workouts.
- **Run/Walk Intervals:** Alternate between running and walking for the allotted time indicated for each workout.
- **Strength Training:** In addition to the training plan as written, it's also a good idea to strength train twice a week.
- **Threshold/Tempo Runs:** During the Threshold or tempo intervals, run at a pace you would be able to sustain for one hour.
- **Brick Workouts:** A workout consisting of at least two different disciplines performed one immediately after the other.

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(and much more!) at MarathonHandbook.com

Triathlon Workout Planner

Marc Evans

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Triathlon Workout Planner:

Triathlon Workout Planner John Mora, 2006-01-18 Train smarter and get better results no matter how busy your lifestyle Triathlon Workout Planner is like having your own personal support team to prioritize training fit workouts into your schedule and plan for long term racing success By choosing the right workout at the right time you can actually improve efficiency technique and overall fitness level in less time with these invaluable tools Three or four key workouts that serve as the core of your weekly training schedule The 80 20 rule which focuses on the 20% of training that gets 80% of the results Workout choices based on available time and target heart rate for customized training Eight weeks of log pages to gauge progress and make weekly adjustments helping you stay on track and stay injury free Racing plans for every distance from sprint to Ironman Take control of your training and your schedule with Triathlon Workout Planner Train more efficiently and effectively for better performance on and off the race course

Triathlon Training Handbook Terri Schneider, 2018-02-27

The comprehensive guide to achieving your triathlon goals through a three stage fitness training program Combining running swimming and biking specific exercises with complementary endurance and strength training The Triathlon Training Handbook approach emphasizes targeted fitness milestones alongside proper recovery These workouts provide easy to follow programs divided weekly and by level beginner intermediate advanced PROVEN TECHNIQUES FOR STRENGTH AND ENDURANCE Combining proven strength and endurance training routines with specific skill programs The Triathlon Training Handbook lets you push your body to reach its full potential getting the results you want while avoiding stress based injury and unwanted setbacks EASY TO FOLLOW WORKOUT PLANS With workouts perfect for anyone from beginners to experts The Triathlon Training Handbook allows people to jump right in at their personal fitness level making the workouts quick and easy to include in your existing routines ONLINE SUPPORT THROUGH GETFITNOW PLATFORM Comprehensive online support via social media community forums and website featuring additional content such as exclusive exercise videos nutritional tips live updates from authors and more EXPERT PRESENTATION GUARANTEES RESULTS The Triathlon Training Handbook takes all of support and expert guidance of a dedicated personal trainer and puts it right in your hands Training tips and expert notes are included as well as a training journal where you can log your progress

Triathlon

Training For Dummies Deirdre Pitney, Donna Dourney, 2008-12-10 Shaping up for a triathlon is serious business Triathlon Training For Dummies is packed with insider tips and proven methods for training for a triathlon and pumping yourself into the best possible shape by race day It helps you find the motivation you need to stick to your program eat better to maximize your energy and prevent injuries both before and during the race This authoritative guide helps you evaluate your cardiovascular fitness muscle strength endurance and flexibility and to set manageable realistic training goals You ll learn how to establish a workout schedule choose a target finish time get the right affordable equipment you ll need for each leg of the race and maximize your fitness and form for swimming biking and running You ll also get plenty of help in putting it all

together as you focus your training add dual workouts become a quick change artist and save time during transitions Discover how to Choose an event to train for based on your fitness level Get into your best possible shape Select the right equipment and sportswear Train for an Olympic Sprint or Ironman triathlon Fuel your body and prevent injuries Prepare for training sessions Maintain energy and recover quickly Set training schedules for every triathlon event Treat common training and racing injuries Live like an athlete Triathlon Training For Dummies comes complete with resources for finding triathlons near you lists of items to bring along on race day and tips on registration formalities and racing etiquette

Triathlon Training Planner The Ultimate Triathlete's Schedule Log Book & Journal The Tool to Enhance Your Look Feel and Better Performance Tri Publishing,2019-05-10 Are you a Triathlete OR Training to become a Triathlete Well if your answer is Yes then my book is here to help you out Triathlon Training Planner is a Scheduler A Logbook which help you to keep track of your daily training pattern and drill workout up to date There Is a whole 1 year 48 weeks worth of logger Which is In a Weekly pattern You can use it like 6 weeks 8 weeks or 12 weeks guided Logger to prepare your Body and Mind For the Ultimate Triathlon So what does the Book and the Interior Contains Designed in the USA Size 6x9 200 Pages Design Each week is separated in 6 days of training Week Calendar 3 days 3 days Notes 4 sheets a WEEK and a day off to rest your Body and Mind Interior Design Each day is formatted in the form of a table to track your Type of drill distance target achieved start end time heart rate cal rate satisfaction level Notes Section The one day off is to rectify your mistake and get better every weak Cover Great appealing design with a glossy finished work There is an Ample space to take note and track records of your daily training with the great Interior Templates to plan your daily task either it can be swimming running or cycling There is Room for all of it So What is the wait for Buy the book Now to start to focus on your physical body than keeping things on your mind Train Record Reset Improved Triathlete

Triathlon Training Planner the Ultimate Triathlete's Schedule Log Book & Journal to Become a Pro-Fit the Tool to Enhance Your Look Feel and Better Performance Tri Publishing,2019-10-31 Are you a Triathlete OR Training to become a Triathlete Well if your answer is Yes then my book is here to help you out Triathlon Training Planner is a Scheduler A Logbook which helps you to keep track of your daily training pattern and drill workout up to date There is a whole 1 year 48 weeks worth of logger Which is In a Weekly pattern You can use it like 6 weeks 8 weeks or A 12 weeks guided Logger to prepare your Body and Mind For the Ultimate Triathlon So what does the Book and the Interior Contains Designed in the USA Size 6x9 200 Pages Design Each week is separated in 6 days of training Week Calendar 3 days 3 days Notes 4 sheets a WEEK and a day off to rest your Body and Mind Interior Design Each day is formatted in the form of a table to track your Type of drill distance target achieved start end time heart rate cal rate satisfaction level Notes Section The one day off is to rectify your mistake and get better every weak Cover Great appealing design with a glossy finished work There is an Ample space to take note and track records of your daily training with the great Interior Templates to plan your daily task either it can be swimming running or cycling There is room for all of it So

What is the wait for Buy the book Now to start to focus on your physical body than keeping things on your mind Train Record Reset Improved Triathlete Triathlon Training Planner The Ultimate Triathlete's Schedule Log Book & Journal For Multisports Athlete Beginner To Obtain Faster and Stronger Growth in Marathon. Tri Publishing,2019-05-10 Are you a Triathlete OR Training to become a Triathlete Well if your answer is Yes then my book is here to help you out Triathlon Training Planner is a Scheduler A Logbook which help you to keep track of your daily training pattern and drill workout up to date There Is a whole 1 year 48 weeks worth of logger Which is In a Weekly pattern You can use it like 6 weeks 8 weeks or 12 weeks guided Logger to prepare your Body and Mind For the Ultimate Triathlon So what does the Book and the Interior Contains Designed in the USA Size 6x9 200 Pages Design Each week is separated in 6 days of training Week Calendar 3 days 3 days Notes 4 sheets a WEEK and a day off to rest your Body and Mind Interior Design Each day is formatted in the form of a table to track your Type of drill distance target achieved start end time heart rate cal rate satisfaction level Notes Section The one day off is to rectify your mistake and get better every weak Cover Great appealing design with a glossy finished work There is an Ample space to take note and track records of your daily training with the great Interior Templates to plan your daily task either it can be swimming running or cycling There is Room for all of it So What is the wait for Buy the book Now to start to focus on your physical body than keeping things on your mind Train Record Reset Improved Triathlete

Triathlon Training Planner Tri Publishing,2019-05-10 Are you a Triathlete OR Training to become a Triathlete Well if your answer is Yes then my book is here to help you out Triathlon Training Planner is a Scheduler A Logbook which help you to keep track of your daily training pattern and drill workout up to date There Is a whole 1 year 48 weeks worth of logger Which is In a Weekly pattern You can use it like 6 weeks 8 weeks or A 12 weeks guided Logger to prepare your Body and Mind For the Ultimate Triathlon So what does the Book and the Interior Contains Designed in the USA Size 6x9 200 Pages Design Each week is separated in 6 days of training Week Calendar 3 days 3 days Notes 4 sheets a WEEK and a day off to rest your Body and Mind Interior Design Each day is formatted in the form of a table to track your Type of drill distance target achieved start end time heart rate cal rate satisfaction level Notes Section The one day off is to rectify your mistake and get better every weak Cover Great appealing design with a glossy finished work There is an Ample space to take note and track records of your daily training with the great Interior Templates to plan your daily task either it can be swimming running or cycling There is Room for all of it So What is the wait for Buy the book Now to start to focus on your physical body than keeping things on your mind Train Record Reset Improved Triathlete *Triathlon Training Journal* Dariusz Janczewski,2009-10-06 Triathlon and Ironman Training Journal is a traditional workout log and more In the Journal you the athlete are able to not only record your daily training routines but also keep a personal diary track the diet and plan the rest of your day The Journal has enough pages 400 to last you a whole year and as the dates for each day are filled in by you it may be started at any time of the year Strength Training for Triathletes Patrick Hagerman, EdD,2013-09-13 Every

triathlete wants to be faster and most know that adding strength training to their program will help them get there In Strength Training for Triathletes fitness phenom Patrick Hagerman explains how small changes in muscle strength add up to big race results For triathletes the benefits of strength training are many from increased stability in the water and on the bike to a faster metabolism Stronger muscles can work longer before feeling fatigued making strength training indispensable to endurance athletes Clearly organized by discipline swim bike run and by muscle group Strength Training for Triathletes helps athletes quickly find the best exercise for their unique training needs Every exercise is accompanied by full color art making the routines easy and inviting to follow This groundbreaking book further explains how triathletes can adjust their workouts to emphasize endurance strength or power and how to balance the three to reach race goals It includes complete information on structuring a periodized weight routine to maximize results whether the race the reader is preparing for is a sprint Olympic half Ironman or full Ironman event Sample seasonal plans for each race distance and instruction on how to adapt training plans to individual needs make it easy for readers to develop specific approaches and reach their personal goals

Triathlon 101 John Mora,2009-03-26 Triathlon 101 helped thousands of athletes take the guesswork out of multisport training and racing Now this best seller returns updated with more top notch information and solidifying its status as the essential guide for multisport success In this new edition you ll learn these techniques and strategies Choose the best equipment for your goals terrain and budget Create your own triathlon program for various distances and events Know how when and what to eat and drink when training or competing Prevent overtraining and recover from common injuries Swim and navigate in open water Smoothly and quickly transition from one leg of the race to the next Taper your training for peak performance on race day Sample training programs the latest recommendations on equipment correct technique and expert advice from pros and coaches Terry Laughlin Lauren Jensen and Troy Jacobson will help you improve your skills and times in every event Spare yourself the trial and error experiences that can lead to injury or discouraging results Be a smart triathlete from the start For developing multisport athletes the best course available is Triathlon 101

Resistance Training Routines for Triathletes Ben Greenfield,2012-05 Resistance Training Routines for Triathletes is an easy to understand manual with complete instructions and guides to cutting edge strength training programs for multi sport athletes This book contains the identical routines that triathlete Ben Greenfield uses in his triathlon training adapted for all experiences and fitness levels and designed in an easy to follow format This book also includes access to detailed high quality video instructions and workout demonstrations

Triathlon Training in Four Hours a Week Eric Harr,2003-05-16 A training program for prospective triathlon athletes with a minimum of running experience covers a different sport in each chapter and offers information on how to tailor a workout for individual needs

Athlete to Triathlete Marni Sumbal MS, RD, CSSD,2020-01-28 Go the distance a triathlon training guide for athletes Maybe you love to run swam competitively in high school or enjoy riding your bike Perhaps you re looking for a fun new athletic challenge Whatever the case is you re in the right place Athlete

to Triathlete delivers the ultimate triathlon training plan for Sprint and Olympic races to help you gain the fitness and confidence to complete your first race and enjoy doing it Transition from a single to a multisport athlete with advice on everything from injury prevention and mental fitness to pro tips for mastering each sport The up to date information and expert guidance make your training journey and race day experience safe fun and memorable This triathlon training book includes Triathlon 101 All the triathlon specific information you need to know including helpful features like gear checklists transition tips and race day rules Training beyond the basics The chapters provide simple to understand details on training fundamentals stretching exercises and advice tailored to runners cyclists and swimmers 12 week training plans Follow a detailed day by day training plan for either a Sprint or Olympic distance race When you re ready to race in your first triathlon grab a copy of Athlete to Triathlete and complete the race with confidence

The Unstoppable Triathlete Joseph Correa (Professional Athlete and Coach),2016-01-24 The Unstoppable Triathlete The Workout Program That Uses Cross Fit Training and Enhanced Nutrition to Increase Your Triathlon Potential This book will help you develop faster and stronger muscles in a short period of time Three different intensity levels are provided in the form of calendars NORMAL ALTERNATE NORMAL and LIGHT Each one has a varied difficulty level so that you can start with one plan and then decide if it s too hard or too easy and move to one of the other versions of this cross fit training program This book will help you to have Accelerated muscle growth Enhanced strength mobility and muscle reaction Increased capacity to train for long periods of time Faster increase of lean muscle mass Reduced muscle fatigue Quicker recovery times after competing or training More energy throughout the day More confidence in yourself and what you are trying to achieve A better attitude towards exercise and nutrition This cross fit program includes several meal plans in the form of recipes specific to each meal of the day but you can adapt them to your particular situation They are all high in protein and easy to prepare so that you can see fast results in the least amount of time This training program comes with a warm up routine and exercise program Make sure you complete the warm up exercises to prevent injuries and be able to continue the training program without interruptions

Triathlon Strength and Conditioning Log: Daily Triathlon Training Workout Journal and Fitness Diary for Triathlete and Coach - Notebook Elegant Notebooks,2019-03 Triathlon Strength and Conditioning Log This training journal is perfect for any triathlete who s serious about their training and about achieving success and getting results Use it to keep a record of strength training sessions and cardio workouts Keeping a record is vital in order to track progress and maintain motivation levels Each page has daily tables to record exercises weights and reps as well as duration pace heart rate zones and calories burned during cardio workouts This ensures that a strength and conditioning plan is adhered to and that any changes to the workouts can be fine tuned and recorded to optimize performance It is compact enough to be carried around to aid ease of use Ideal for a coach dad mom son or anyone that simply loves the triathlon Makes a great Father s day Mother s day Christmas or Birthday gift Click on the author link to see our other triathlon logs and diaries in the series Training Log to

record technique and skills worked on and Nutrition Log to record dietary intake Size 6 x 9 in 120 Pages Glossy soft cover Printed on white paper **Triathlon Workout and Nutrition Journal** Red Tiger Press,2019-11-29 Triathlon Workout and Nutrition Journal This journal is perfect for any serious triathlete that is working to get fitter stronger and leaner Each double spread consists of a page to fill out strength training and cardio workout details each day and a page to fill out and track nutrition including macronutrients calorie intake and water intake There are enough pages to fill out a total of 59 days of data Size 6 x 9 in 120 Pages Matte soft cover Printed on white paper Perfect bound Training Plans for Multisport Athletes Gale Bernhardt,2000 Offers multisport athletes advice on how to understand the science of training and effectively self train providing sample training plans for different levels of multisport events specific workouts for each type of plan ratings for exertion levels and generic training plans that can be used for all ability levels **Triathlon Strength and Conditioning Log** Elegant Notebooks,2019-04-04 Triathlon Strength and Conditioning Log and Diary This training journal is perfect for any triathlon lover who s serious about their training and about achieving success and getting results Use it to keep a record of strength training sessions and cardio workouts Keeping a record is vital in order to track progress and maintain motivation levels Each page has daily tables to record exercises weights and reps as well as duration pace heart rate zones and calories burned during cardio workouts This ensures that a strength and conditioning plan is adhered to and that any changes to the workouts can be fine tuned and recorded to optimize performance It is compact enough to be carried around to aid ease of use Ideal for a coach dad mom son daughter or anyone that simply loves triathlon Makes a great gift for Christmas or Birthday Click on the author link to see our other triathlon logs and diaries in the series Training Log to record technique and skills worked on and Nutrition Log to record dietary intake Size 6 x 9 in 120 Pages Glossy soft cover Printed on white paper *Strength Training for Triathletes* Patrick S. Hagerman,2008 Most traditional weight lifting programs are too general to benefit triathletes This illustrated guide offers 60 exercises that build strength for swimming biking and running by replicating the muscle usage patterns specific to triathlon events The exercises are organized by sport and muscle group allowing triathletes to quickly find the best exercise for their unique training needs Included are sample seasonal plans for each race distance along with instructions on adapting training plans to individual needs that make it easy to develop a personal strength training program **Triathlete Magazine's Essential Week-By-Week Training Guide** Matt Fitzgerald,2014-07-02 Outlines a program of weekly triathlete workouts and goal recommendations that are complemented by coaching tips and illustrated exercise suggestions

This Captivating Realm of Kindle Books: A Comprehensive Guide Unveiling the Advantages of E-book Books: A Realm of Convenience and Versatility E-book books, with their inherent portability and simplicity of availability, have liberated readers from the limitations of physical books. Gone are the days of lugging cumbersome novels or carefully searching for specific titles in shops. Kindle devices, stylish and portable, effortlessly store an wide library of books, allowing readers to immerse in their favorite reads whenever, anywhere. Whether traveling on a bustling train, lounging on a sunny beach, or just cozying up in bed, E-book books provide an unparalleled level of ease. A Literary World Unfolded: Discovering the Vast Array of E-book Triathlon Workout Planner Triathlon Workout Planner The E-book Store, a digital treasure trove of literary gems, boasts an wide collection of books spanning varied genres, catering to every readers preference and choice. From captivating fiction and thought-provoking non-fiction to classic classics and modern bestsellers, the Kindle Store offers an exceptional variety of titles to discover. Whether seeking escape through engrossing tales of imagination and adventure, diving into the depths of historical narratives, or broadening ones understanding with insightful works of scientific and philosophy, the E-book Store provides a doorway to a bookish universe brimming with limitless possibilities. A Transformative Force in the Bookish Scene: The Persistent Influence of E-book Books Triathlon Workout Planner The advent of Kindle books has certainly reshaped the literary landscape, introducing a paradigm shift in the way books are released, disseminated, and read. Traditional publishing houses have embraced the digital revolution, adapting their strategies to accommodate the growing demand for e-books. This has led to a surge in the accessibility of Kindle titles, ensuring that readers have access to a wide array of literary works at their fingers. Moreover, E-book books have equalized access to literature, breaking down geographical barriers and offering readers worldwide with equal opportunities to engage with the written word. Regardless of their location or socioeconomic background, individuals can now immerse themselves in the intriguing world of books, fostering a global community of readers. Conclusion: Embracing the E-book Experience Triathlon Workout Planner E-book books Triathlon Workout Planner, with their inherent ease, versatility, and wide array of titles, have undoubtedly transformed the way we experience literature. They offer readers the freedom to explore the limitless realm of written expression, whenever, anywhere. As we continue to navigate the ever-evolving online scene, Kindle books stand as testament to the enduring power of storytelling, ensuring that the joy of reading remains accessible to all.

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Triathlon Workout Planner Introduction

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