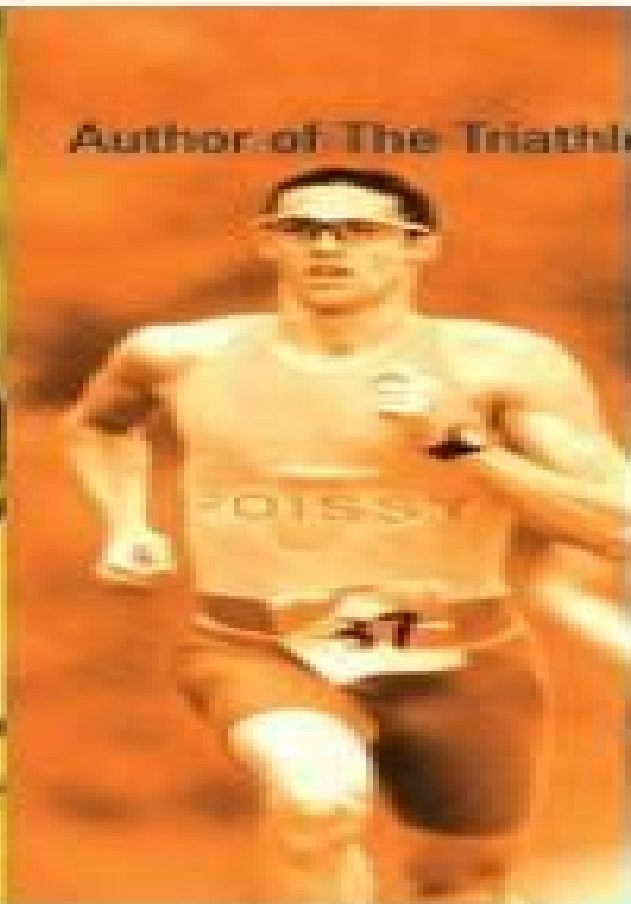




Joe Friel

Author of *The Triathlete's Training Bible*

TOTAL HEART RATE TRAINING

Customize and Maximize Your Workout
Using a Heart Rate Monitor

Total Heart Rate Training

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