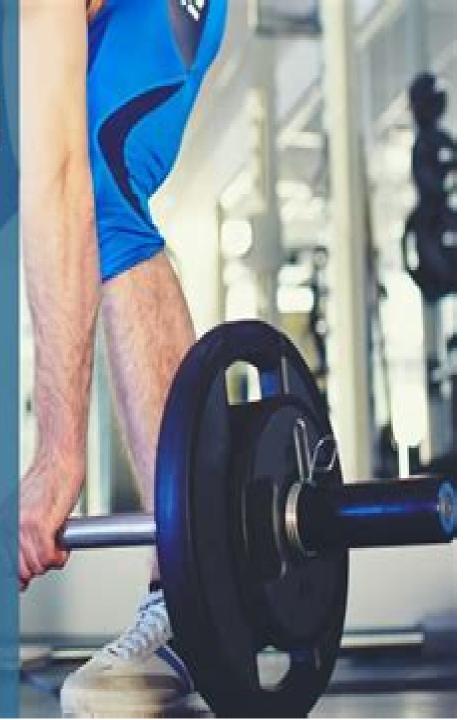
# TRIATHLON STRENGTH TRAINING

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# **Weight Training For Triathlon The Ultimate Guide**

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