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THE TIME-CRUNCHED TRIATHLETE: RACE-WINNING FITNESS IN 8 HOURS A WEEK



VeloPress. Paperback. Book Condition: new. BRAND NEW, The Time-crunched Triathlete: Race-winning Fitness in 8 Hours a Week, Chris Carmichael, Jim Rutberg, "The Time-Crunched Triathlete" presents a fast-paced triathlon training programme that delivers competitive speed without the time demands of conventional approaches. In as few as 8 hours per week, triathletes can develop the speed and endurance they need to be competitive in triathlon, from sprint- to half-iron distance races. Drawing upon principles refined while coaching busy endurance athletes, Chris Carmichael...

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- Authored by Chris Carmichael, Jim Rutberg
- Released at -



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Reviews

Very helpful to all of group of men and women. It can be writter in easy terms instead of confusing. You will like how the writer write this book.

-- **Dr. Daren Mitchell PhD**

It becomes an amazing book which i actually have at any time study. It is actually loaded with wisdom and knowledge You wont sense monotony at at any time of your respective time (that's what catalogues are for regarding should you request me).

-- **Rosina Schowalter V**

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