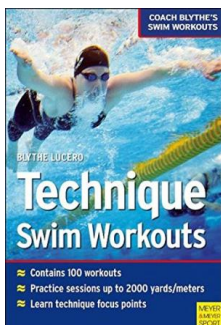


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## TECHNIQUE SWIM WORKOUTS: COACH BLYTHE'S SWIM WORKOUTS



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