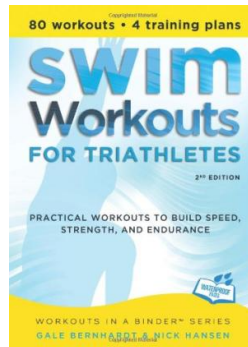


## Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength and Endurance (2nd edition)



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