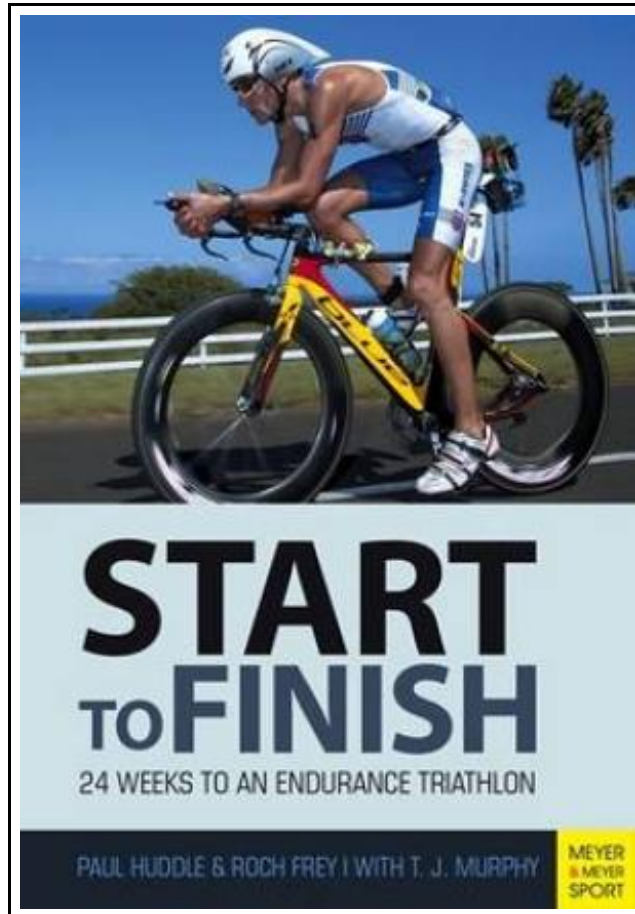


## Start to Finish : 24 Weeks to an Endurance Triathlon



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