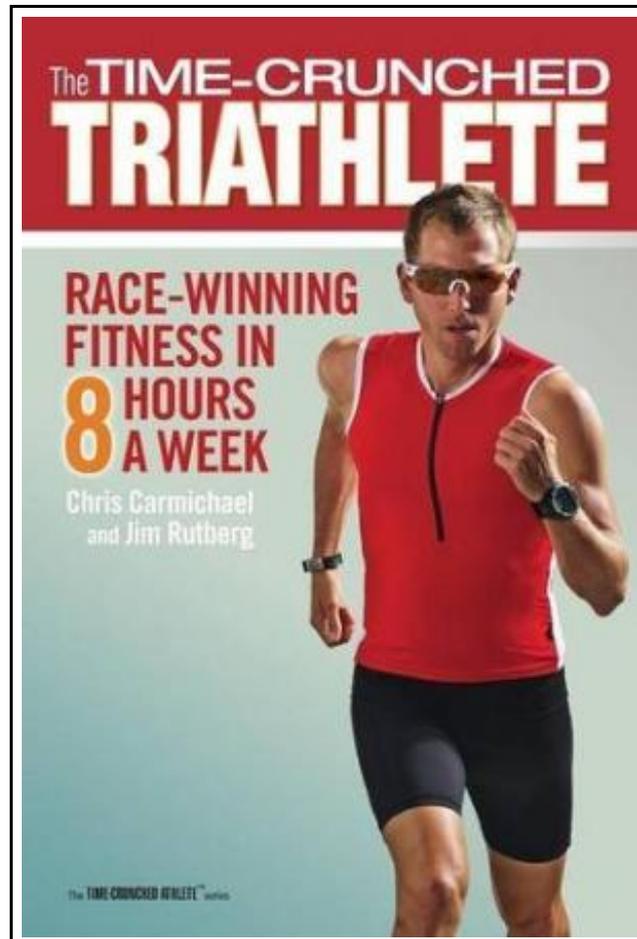


## The Time-crunched Triathlete: Race-winning Fitness in 8 Hours a Week



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