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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: Racewinning 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 halfiron distance races. Drawing upon principles refined while coaching busy endurance athletes, Chris Carmichael...

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- Authored by Chris Carmichael, Jim Rutberg
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