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October 28th, 2019 - the swim workouts can be taken to pool side run and bike workouts to the gym or the track the swim workouts can be submersed in the pool the run and bike workouts can be sweat or spilled on without any damage to the pages no more workouts printed on paper and put into a plastic bag only to be thrown away use workouts in a binder instead'

'where can i get a swim training plan triathlon

January 14th, 2020 - go to slowtwitch and search the forums for the guppy challenge it s s week by week program designed to build swim strength for those like me that are more middle to back of the pack swim wise each week builds upon the last and has many detailed drills and structured workouts for however many swims you would like to do per week"

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