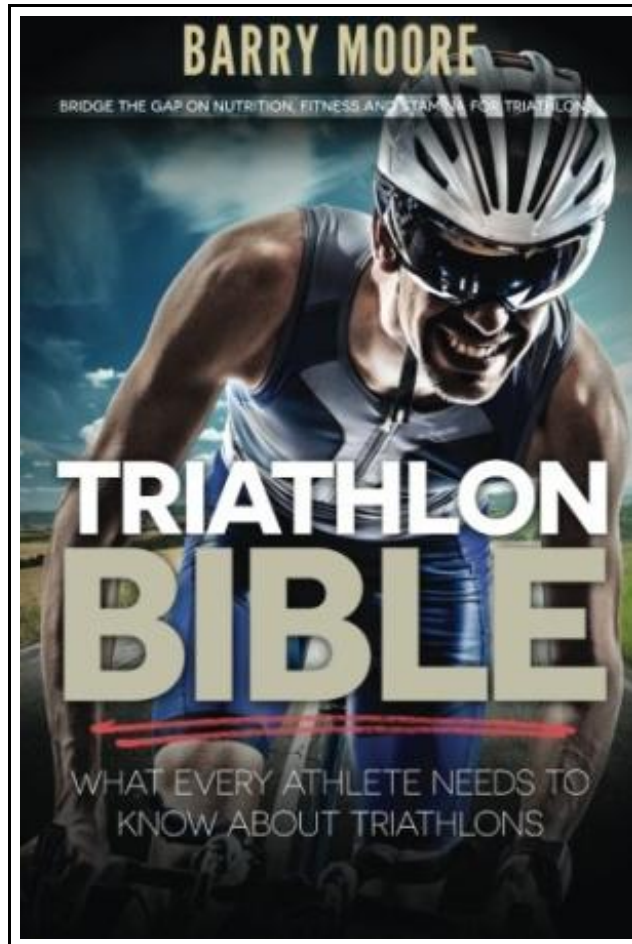


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(Prof. Loyce Runolfsson Jr.)


TRIATHLON BIBLE: WHAT EVERY ATHLETE NEEDS TO KNOW ABOUT TRIATHLONS: BRIDGE THE GAP ON NUTRITION, FITNESS AND STAMINA FOR TRIATHLONS



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