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### **the triathletes training bible pdf**

A triathlon is a multisport race with three continuous and sequential endurance races. The word is of Greek origin, from τρεῖς (treis) or tres (three) and ἀθλός (athlos), or athlos (competition).. While variations of the sport exist, the most common form includes swimming, cycling, and running over various distances. Triathletes compete for fastest overall course completion, including timed ...

### **Triathlon - Wikipedia**

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Swimming is the self-propulsion of a person through water, usually for recreation, sport, exercise, or survival. Locomotion is achieved through coordinated movement of the limbs, the body, or both. Humans can hold their breath underwater and undertake rudimentary locomotive swimming within weeks of birth, as a survival response.

### **Swimming - Wikipedia**

Matthew became the Founding Director of bounceREHAB in 2005. In private practice for 15 years, Matt is experienced and is considered a "Senior" Physiotherapist, having proudly completed his degree many years ago at the University of Sydney back in 2002.

### **Team - Bounce Rehab Physio in Pyrmont Sydney**

Earlier this summer Elite launched four new trainers/rollers, and in doing so greatly simplified their trainer lineup. Previous to that they had enough trainers to allow each member of the Brady Bunch both a primary and backup trainer. Never mind the fact that they were confusingly named.

### **Elite Drivo Trainer In-Depth Review | DC Rainmaker**

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