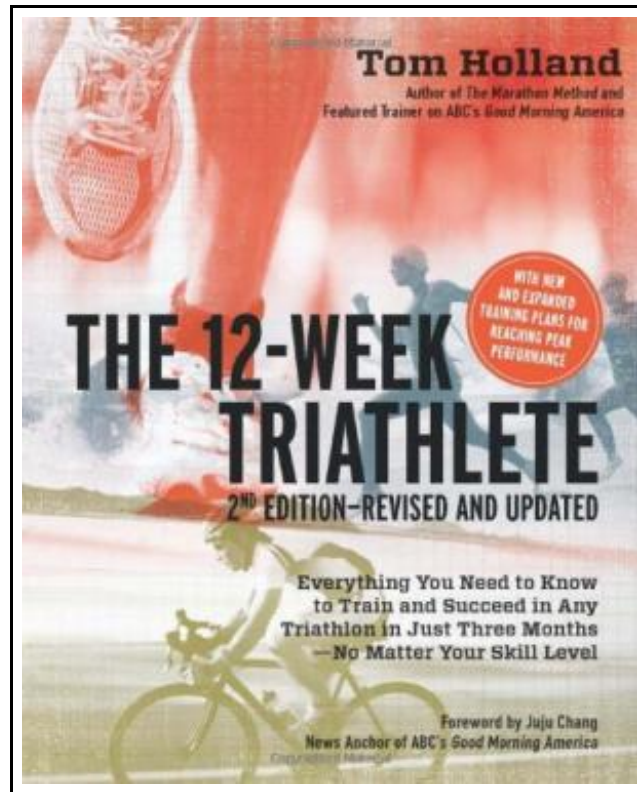


## The 12 Week Triathlete: Train for a Triathlon in Just Three Months



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## THE 12 WEEK TRIATHLETE: TRAIN FOR A TRIATHLON IN JUST THREE MONTHS



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