

IronFit Strength Training And Nutrition For Endurance Athletes: Time Efficient Training Secrets For Breakthrough Fitness By Don Fink

By Don Fink

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<http://www.donfink.com/>

Time-Efficient Training for Triathlon's Most Popular Distance by Don Fink, Ironfit Secrets The author of Be IronFit, 2nd Ed.: Time-Efficient Training

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triathlon and running coach/trainer and the author of the popular triathlon training book, Be IronFit: IronFit Strength Training and Nutrition for Endurance
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