

*Strategies for training,
racing, and recovery*

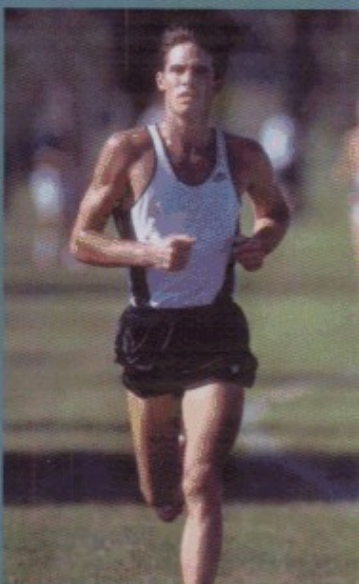


Endurance

Sports



Nutrition



Second Edition

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