

# **The Triathlete's Training Bible**

**By Joe Friel**

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Weekly Hours. 3:00. 1:30. :45. :45. Off. Off. Off. Off. 3:30. 1:30. 1:00. 1:00. Off. Off. Off. Off. 4:00. 1:30. 1:00. 1:00. :30. Off. Off. Off. 4:30. 1:30. 1:00. :45. :45. :30. Off.