

IRONMAN TRIATHLON EDITION



ASH/PENKER

IRONMAN 70.3

TRAINING FOR THE MIDDLE DISTANCE

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1.2/56/13.1 MILES – SWIM/BIKE/RUN
EXPERT ADVICE ON TRAINING PLANS
HOW TO GET MOTIVATED

MEYER
& MEYER
SPORT

Ironman 70.3
Training for the Middle Distance

Ironman Edition

IRONMAN 70.3

TRAINING FOR

THE MIDDLE DISTANCE

Henry Ash / Marlies Penker



Meyer & Meyer Sport

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