

workouts in a binder for swimmers triathletes and - *workouts in a binder for swimmers triathletes and coaches nick hansen eric hansen gale bernhardt on amazon com free shipping on qualifying offers this waterproof book of 100 swimming workouts offers swimmers and triathletes a wide variety of structured workouts to improve swimming fitness, **swim workouts for triathletes practical workouts to build** - it s no secret most triathletes are weak swimmers improving your swim will make you a faster more confident triathlete swim workouts for triathletes features 80 swim workouts with the structure variety and drills you need to become a more efficient swimmer*

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