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Training, Diet, Health, Equipment, and
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Friel - 3 Keys to a Personal Record This
Year How to Start Triathlon Training:
Absolute Beginners Guide* **Taren Gesell:**
How Triathlon Changed Everything
Everything You Need To Know About

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*Triathlon Racing | The Essential Triathlon
Rule Book! Get Started With 80/20*

*Triathlon Training How To Structure A
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Plan for Long Workouts & Triathlons*

*How To Train For Your First Triathlon |
An Introduction To Triathlon Training*

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The best triathlon books for coaches and triathletes The GREATEST Track Race of ALL TIME!! WHEN PEOPLE CELEBRATE TOO EARLY! A DAY IN THE LIFE | Pro Triathletes | Team Charles-Barclay

Triathlon Madrid 2019 World Cup Men **Dr Cipriano *Y STRAP DOC* gets a**

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Warden | EP#121* **Matt Fitzgerald: 8 Steps
to a Better Triathlon **How To Start****

**Triathlon - A Beginners Guide To Your
First Race** *1 Roberto Carfagno (Author of*

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book: From Triathlon To Decision

Making) ~~Fast Track Triathlete | Matt~~

Dixon | Talks at Google TRIATHLON

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video of the year Complete Triathlon

When I started, this was all about a boy and his dream, but now it's so much more," Chris Nikic said.

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1st person with Down syndrome to
complete Ironman Triathlon receives
award at ESPY's

Extending their wide aero LAW Tech rims
again, FFWD RYOT 77 goes deep with
new aero carbon disc brake wheels for TT
& triathlon racing!

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FFWD RYOT 77 adds another, deeper & more aero carbon wheelset for TT & triathlon

Ryan talking to Andrea about his quest to complete a 400 mile triathlon from Dublin to London raising funds for A Lust For Life in the process ...

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400 miles triathlon

The second Toyota Legacy Triathlon hosted by USA Triathlon returns to Long Beach this Friday-Saturday with an action-packed schedule of amateur, elite, paratriathlon and youth multisport events. The ...

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Toyota Legacy Triathlon Returns to Long Beach this Weekend

MIDDLEBURY – Clear skies graced above and all around Quassy Amusement Park on Wednesday afternoon and into the evening. The projected thunderstorms thankfully held off and that made for ...

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Athletes complete Pat Griskus Triathlon
before storms hit

The Hopkinsville-Christian County
Family YMCA will be hosting its
inaugural mini-triathlon — the “TRI at the
Y” — on Saturday, July 31 to promote
physical activity and good health as ...

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Hopkinsville YMCA to host first mini-triathlon

TOKYO 2020 will host the triathlon mixed team relay and it's going to be fast and furious. Ten teams will compete in the triathlon mixed relay race, with each one comprising four athletes ...

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What is the triathlon mixed relay? How is it different from a regular triathlon?

Things to know about the Olympic triathlon race at the 2020 Tokyo

Olympics: THE ABSOLUTE BASICS

The Olympic triathlon is a continuous race beginning with a 1,500m swim followed

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by a 40km bike ...

**EXPLAINER: Triathlon at Tokyo
Olympics**

The Freedom Springs Triathlon attracted more than 250 citizen-athletes to Marianna, where they would compete in the 5K run, quarter-mile swim and 10-mile

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cycling course at Blue Springs Recreation
Area ...

Freedom Springs Triathlon draws more
than 250 to Blue Springs
Wexford man Ryan Davin is attempting to
be the first person in history to complete a
400-mile triathlon from Dublin to London,

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with the aim to raise awareness for sustainable travel.

Wexford man becoming first to complete triathlon from Dublin to London

"So a triathlon wasn't on your list of things for Caleb to do?" I asked Caleb's mom, Karen. "It was not on our list, no," she

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replied. At least not until Caleb met 21-year-old Chris Nikic.

Role model inspires boy with Down Syndrome to complete mini-triathlon
Despite her intense aversion to running, Crower recently claimed her sixth sprint triathlon national championship in the past

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seven years, winning the Athena race (for women weighing over 165 pounds) ...

National champ ... again: Former Chemic
Crower wins 6th triathlon title

USA Triathlon will announce its complete
2020 U.S. Paralympic Triathlon Team on
Tuesday, July 6, unveiling the roster of

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athletes who will represent the United States at the Paralympic Games Tokyo ...

2020 U.S. Paralympic Triathlon Team to be Named Tuesday, July 6

Chris Nikic, the first person with Down syndrome to complete an Ironman triathlon, will be honored with the Jimmy

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V Award for Perseverance at The ESPYS on July 10 (8 p.m. ET/ABC). The award is ...

Chris Nikic, first person with Down syndrome to complete Ironman triathlon, to receive Jimmy V Award for Perseverance at ESPYS

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A big congratulations to Christopher Ballard for completing the Freedom Fest Triathlon in New Roads on Sunday, June 27.

Denham Springs athlete overcomes challenges to complete Freedom Fest Triathlon

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Cyril Viennot (FRA) and Mary Beth Ellis (USA) executed nearly perfect race plans in Motola, Sweden to score their first ITU Long Distance World Championship titles. The race was contested over a 1.5km ...

Cyril Viennot (FRA) and Mary Beth Ellis (USA) victorious for first world titles at

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Motala ITU Long Distance Triathlon
World Championships

The International Triathlon Union (ITU) is pleased to announce that the ... Please refer to the Development calendar for the complete list of seminars and courses. El reconocido cirujano plástico, su ...

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ITU Triathlon Technical Officials number rises

From the Opening Ceremonies on July 23 through the end of the 2021 Olympics in Tokyo, we've got you covered — with a New Jersey twist.

Ready for the Olympics? Here's a

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complete list of Olympians with New Jersey ties

Rio silver medallists Lauren Steadman and Alison Peasgood are named in the squad of eight Para-triathletes for the Tokyo Paralympics.

Tokyo Paralympics: Lauren Steadman and

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Alison Peasgood named in GB triathlon squad

Paralympic swimming champion Claire Cashmore has been named in Great Britain's eight-person triathlon team for Tokyo 2020. Cashmore switched sports after winning gold in the 4 x 100 metre medley relay ...

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