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Jun 20, 2013 60 Minute Session: Swim 50 Swim, Bike, and Run Workouts for Busy Athletes from One-Hour Workouts: 50 Swim, Bike, and Run Workouts for

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This workout was taken from the book One-Hour Workouts: 50 Swim, Bike, and Run Workouts for Busy Athletes by Scott Molina, Mark Newton, and Michael Jacques, available

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But to endurance athletes in off running 50 miles a week with a maximum long run of 16 miles for one hour in a race). Progression Workout: Swim,

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Amy White is the author of One-Hour Workouts (3.56 avg rating, 16 ratings, 0 reviews, published 2010), Homemade Body Scrubs (3.50 avg rating, 6 ratings, register

Mark newton (contributor of one- hour workouts)

Mark Newton is the author of The House on the Lake (3.00 avg rating, 1 rating, 0 reviews, published 2012) and One-Hour Workouts (3.60 avg rating, 15 rati

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