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Nutrition Requirements For The Triathlete 0.5 Mile Swim, 12.4-13 Mile Cycle And A 3.1 Mile Run. An Olympic Distance Triathlon Involves A 0.9 Mile Swim, 24.9 Mile Cycle And 6.2 Mile Run. A Half Ironman Is Made Up Of A 1.2 mile Swim, 55.9 Mile

Cycle And A 13 Mile Run. A Full Ironman Entails A 2.4 Mile Swim, 111.8 Mile Cycle, And A 26.2 Mile Run. Each Type Differs Greatly In Distance, However, Each Involves Endurance. In This Chapter, The ... Apr 13th, 2024
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