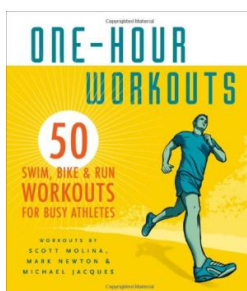


## One-Hour Workouts: 50 Swim, Bike, and Run Workouts for Busy Athletes



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