

Group Workouts

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Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	Week 3						HOURS 7:00 TR 7:00 TSS 600 TR 625
	Hunter -1 02:00:00 123 DURATION 123	Eclipse 01:30:00 104 DURATION 104	Antelope +5 02:00:00 129 DURATION 129	Fletcher 01:30:00 65 DURATION 100	Galena +3 02:00:00 137 DURATION 137	Wright Pe... 02:00:00 127 DURATION 127	
	TR	TR	TR	TR	TR	TR	
17	18	19	20	21	22	23	Wk 34
	Week 4						HOURS 7:00 TR 7:00 TSS 700 TR 700
	Tallac +3 02:00:00 135 DURATION 135	Tallac +2 01:30:00 104 DURATION 104	Juneau -1 02:00:00 129 DURATION 129	Andrews 01:30:00 73 DURATION 100	Wright Pe... 02:00:00 143 DURATION 143	Antelope +5 02:00:00 129 DURATION 129	
	TR	TR	TR	TR	TR	TR	
24	25	26	27	28	29	30	Wk 35
	Week 5						HOURS 7:00 TR 7:00 TSS 700 TR 700
	Tallac +3 02:00:00 135 DURATION 135	Tallac +2 01:30:00 104 DURATION 104	Juneau -1 02:00:00 129 DURATION 129	Andrews 01:30:00 73 DURATION 100	Wright Pe... 02:00:00 143 DURATION 143	Antelope +5 02:00:00 129 DURATION 129	
	TR	TR	TR	TR	TR	TR	



Trainerroad Workouts

R Bogdan



Trainerroad Workouts:

Trainerroad Workouts Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Trainerroad Workouts**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve to the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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