



TRAINERROAD

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



Trainerroad Workouts

Anthony S. Fauci



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