

NOTHING TO LOSE

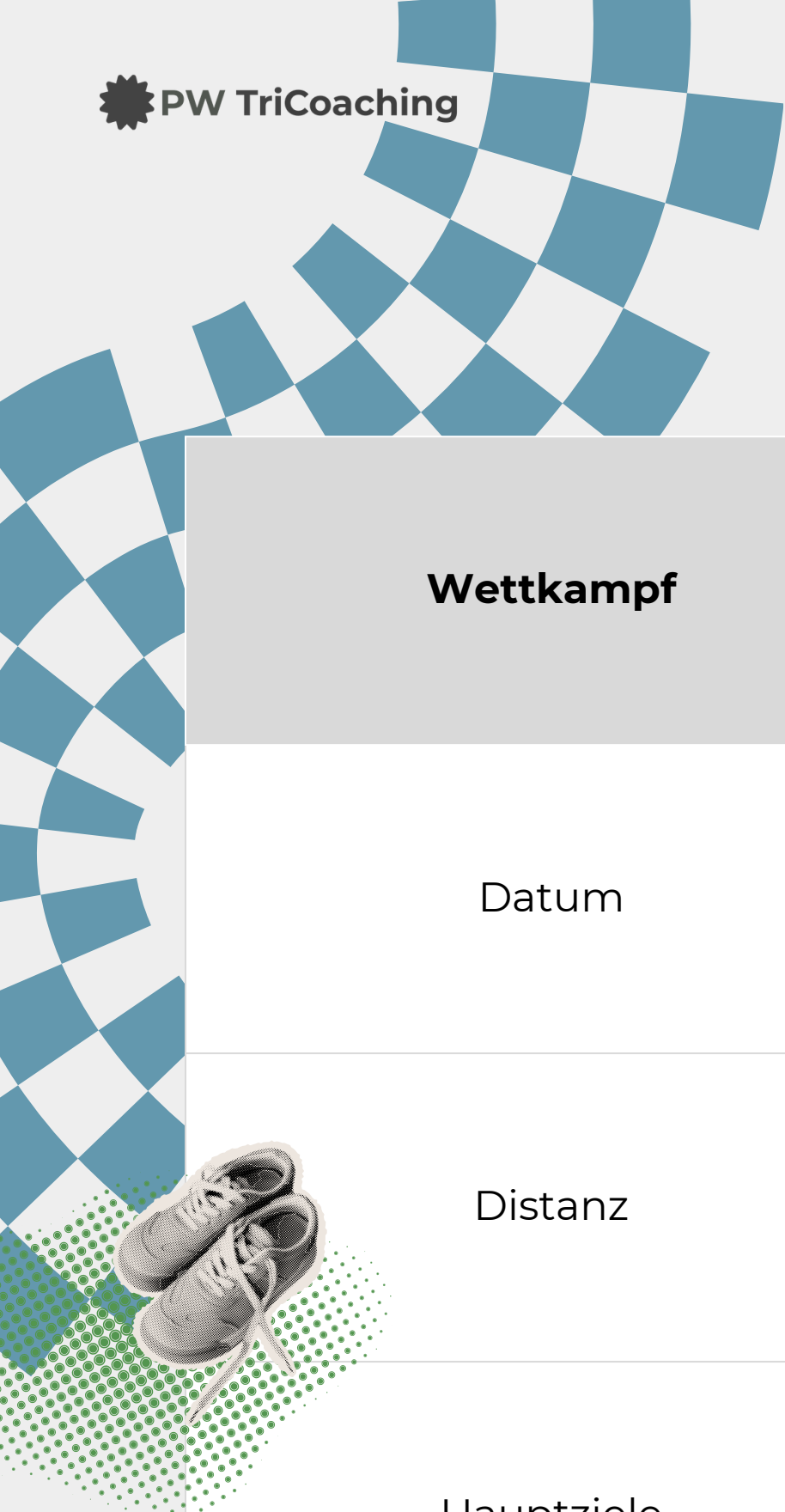
#NOTHING TO LOSE

Sample Training Plan for
XXX

Ready for your Xk Run?

Get ready in X weeks

Wettkampf			
Datum			
Distanz			
Hauptziele			

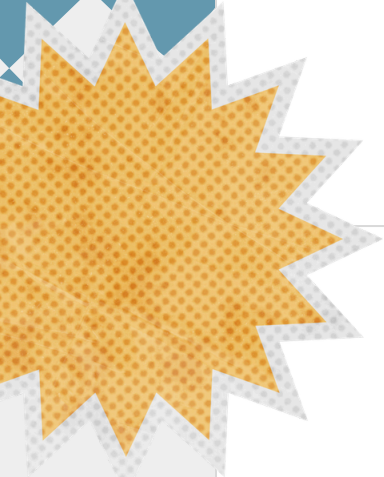




Ready for your Bike Race?

Get ready in X weeks

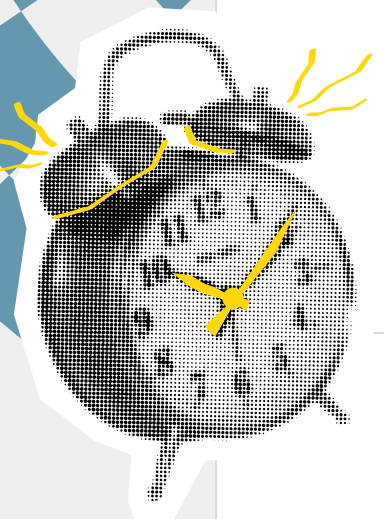
Wettkampf			
Datum			
Distanz			
Hauptziele			



Ready for the Olympic Distance?

Get ready in X weeks

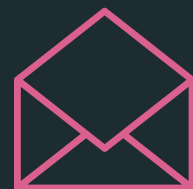
Wettkampf			
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Contact

#NothingToLoose



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