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Mark Jarvis Msc ASCC. Mark has been working as an elite strength and conditioning coach Mark is also the author of Strength & Conditioning for Triathlon

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A great many tri-geeks are kinda convinced that strength training helps with triathlon and are therefore kinda committed to doing it. Can you blame us?

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Bloggat om Strength and Conditioning for Triathlon. Mark Jarvis is an elite strength and conditioning coach. Mark also runs 4th Discipline Triathlon

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