



The Unlikely Triathlete Part Three: The Training Plan Strikes Back (Volume 3)

Deborah Longman

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Join Debs as she continues her triathlon training through her first "off" season. In this part Debs discovers more of her limitations and strives to overcome them. Phil, her long suffering husband, at her side more than ever. Will Debs have what it takes to continue to be The Unlikely Triathlete and take her training to the next level?

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