

OPEN WATER SWIMMING

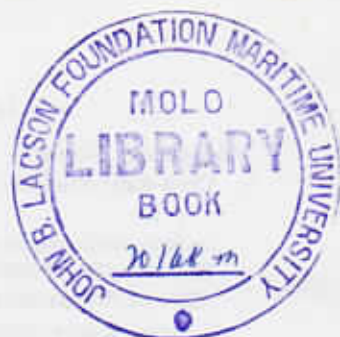
*Improved performance for
swimmers and triathletes*



STEVEN MUNATONES

Foreword by John Flanagan

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OPEN WATER SWIMMING

Steven Munatones



Human Kinetics

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