



Multisport Workout Library

Adam Hodges

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The workouts found in this book are designed to supplement *The Endurance Athlete's Guide to Systematic, Recovery Based Training*, which equips do-it-yourself athletes with fundamental training concepts, specifics on how to set up individualized training zones based on heart rate and pace, and details on how to design a customized training plan. With your plan sketched out, now draw from the pre-written workouts in this library to implement your training.

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