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Run, Ride, Sink or Swim: A Rookie's Year in Women's Triathlon by Lucy Fry Lucy Fry Lucy Fry writes a weekly fitness and wellbeing column for the Living section of the Sunday Telegraph, previously had a fitness-travel column at Easy Jet Magazine, and is currently the travel editor for DIVA.

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Run, Ride, Sink or Swim 1. Tell us how you first found an interest in exercise and sport? I was sporty as a really young girl, but then lost... 2. What are your preferred workouts of choice? Now I love lifting weights and doing interval training, in particular... 3. As freelance journalist, how to ...

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the tri-curious and the dedicated tri-hard, and for any woman looking for inspiration to make the transition from sofa to start line. Neues und vollständiges deutsch-englisches Wörterbuch Carl Gottlob Küttner — 1809 German language zu J.C. Adelung's englisch-deutschem Wörterbuche

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The challenge - and the resulting memoir Run, Ride Sink or Swim - began with a question, as I wondered how this sport had grown so fast in both popularity and scope? The first recorded triathlon event was held in California in 1974, and yet within less than three decades it had joined the Olympic ranks, appearing in the Olympic Games in Sydney 2000.

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Run, ride, sink or swim : a year in the exhilarating and addictive world of women's triathlon. [Lucy Fry] -- At the age of thirty-one, Lucy Fry was pretty certain she knew her limits. But, as an increasing number of her friends signed up for triathlons, she couldn't help wondering what it was about it that ...

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