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???. A triathlon is a multiple stage competition involving the completion of three continuous and sequential endurance disciplines While many variations of the sport exist triathlon in its most popular form involves swimming cycling and running in immediate succession over various distances. Push yourself Telomeres are the tips of your chromosomes and as you grow older they get shorter Author and coach Joe Friel explains ?The length of telomeres is directly related to aerobic capacity VO2max and therefore endurance performance ?.

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