

**Biathlon: Training And Racing Techniques By Ken
Souza**

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Kenny Souza is an American duathlete. Career such as the 2006 Race Across America Ken Souza, Bob Babbitt (1989). Biathlon:

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Team kenny souza *** and the race across**

the training, commitment and passion of the Race Across America. (Biathlon back then), Kenny Souza is back,

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Book summary: World class biathlete Ken Souza reveals his training and racing techniques. Includes guidelines on selecting equipment and gear. Lots of photographs and

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Check out our weekly e-newsletter for training tips, the Coors Light Biathlon Series was a 15-race series American Ken Souza took home the men's

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Brad kearns

Personal site of Brad Kearns, My training run the day before the race went right up to the after I upset the undefeated world's #1 duathlete Ken Souza,

Souza wins biathlon to keep streak going -

Ken Souza, never one to peer over his shoulder during a race, continued his unbeaten streak Sunday at the Coors Light Biathlon Series at the Brea Marketplace.Souza

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Kenny souza - wow.com

Kenny Souza is an American and since then has participated in several long-haul and ultra-long-distance racing Biathlon: training and racing techniques.

Articles about biathlon by date - page 4 - latimes

Biathlon News by Date. after finishing last in his division in his last race, Steiner's New Biathlon Strategy Has Same Result--Souza Wins.

Duathlon - wikipedia, the free encyclopedia

Not to be confused with Biathlon, The main race consisted of a 10 km (scene of Kenny Souza's DNF in a snow storm when he raced in a neon Speedo and

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Ken souza (author of biathlon) - goodreads

Ken Souza is the author of Biathlon (4.00 avg rating, 1 rating, 0 reviews, published 1989)

Biathlon training and racing techniques, ken

Biathlon: Training and Racing Techniques by Ken Souza, Bob Babbitt. (Paperback 9780809243693)

Strength training for triathlon

A correct strength training program increases strength and author of The Triathlete s Guide to Run Training. Ken can be reached at RACE DIRECTORS;

Kenny souza at powerman zofingen | duathlon.com -

Aug 18, 2005 Kenny Souza will return to race at Powerman Zofingen in 5K races and just never seemed to get the training and nutrition right for that race

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