

# Lost in Cyberspace



RICHARD PECK



YOUNG ADULT

# Lost In Cyberspace

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web followed when building the content of sets and the practice the steps outlined below are appropriate for the sets and how those sets fit into the total time frame of a training session will be suggested four usrpt sets for four sessions and two sets per session for the remainder if the swimmers are judged to be adapting well increase

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sustain the prescribed swimming interval velocity on 2-3 occasions see figure 1 rushall citation 44 suggests that day to day life stressors influence a swimmer's ability during training thus the inclusion of ar within