

# **Smallville Bd5 Die Flucht**

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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

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web two example sets are  $112 \times 25$  fs at 200 pace on 30 seconds and within the usrpt set failed and recovery repetitions do not contribute to the total yardage at race pace but successful repetitions after a failed and recovery repetition do silverman 1996 summarized very useful guidelines for developing skilled behaviors within

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