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Manual Chapter 1

PT1, pg 2-7 HOW TO

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TIPS & TRICKS |

Vlogmas ~~Static Posture~~

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~~Test Difficulty, and Info~~

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training zones a. Zone 1

(below VT1) i. 70-80%

of training time ii.

Recovery workouts,

Warm up, cool down,

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iii.

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Domain I: Class Planning and Design - 32%

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