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External links. Shea, Jason. "Fatigue, Recovery, and Supercompensation" (PDF). Bompa, Tudor O.; Haff, Greg (10 August 2009). Periodization: theory and methodology of ...

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Cardiorespiratory fitness - Wikipedia

Sinclair M. (2007) Editorial: A guide to understanding theoretical and conceptual frameworks. Evidence Based Midwifery 5(2): 39 Â© 2007 The Royal College of Midwives.

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