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Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	Week 3						HOURS 7:00 TR 7:00 TSS 600 TR 625
	Hunter -1 02:00:00 123 DURATION 123	Eclipse 01:30:00 104 DURATION 104	Antelope +5 02:00:00 129 DURATION 129	Fletcher 01:30:00 65 DURATION 100	Galena +3 02:00:00 137 DURATION 100	Wright Pe... 02:00:00 127 DURATION 100	
	TR	TR	TR	TR	TR	TR	
17	18	19	20	21	22	23	Wk 34
	Week 4						HOURS 7:00 TR 7:00 TSS 700 TR 700
	Tallac +3 02:00:00 135 DURATION 100	Tallac +2 01:30:00 104 DURATION 100	Juneau -1 02:00:00 129 DURATION 100	Andrews 01:30:00 73 DURATION 100	Wright Pe... 02:00:00 143 DURATION 100	Antelope +5 02:00:00 129 DURATION 100	
	TR	TR	TR	TR	TR	TR	
24	25	26	27	28	29	30	Wk 35
	Week 5						HOURS 7:00 TR 7:00 TSS 700 TR 700
	Tallac +3 02:00:00 135 DURATION 100	Tallac +2 01:30:00 104 DURATION 100	Juneau -1 02:00:00 129 DURATION 100	Andrews 01:30:00 73 DURATION 100	Wright Pe... 02:00:00 143 DURATION 100	Antelope +5 02:00:00 129 DURATION 100	
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Trainerroad Workouts

Sofia Sjöström Stahl



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ryan satin is an american pop culture and professional wrestling journalist he was a producer for tmz 1 and founded pro wrestling sheet 2 which reports on professional wrestling and mixed martial arts he has since left the site and now works for fox sports he is the son of scott satin a hollywood producer and writer 3 career

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feb 1 2018 alan whiticker is the co author of the satin man which first revealed harry phipps as a possible suspect mr whiticker believes harry phipps gained the children s trust by giving them a one pound note before luring them to his house which was just hundreds of metres away