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## **Hs codes | 29181110 | lactic acid | harmonised**

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Gary Winkler Former Head (80-100% effort) Special Endurance (Lactic Acid Tolerance) Charlie Francis - Speed Trap. janjetina (Ross)

## **Charlie francis (author of speed trap) -**

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## **Lactate threshold training - page 79**

Lactate Threshold Training

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