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Craig howie (author of the four pillars of

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Will murray - boulder triathlon examiner -

Will specializes in mental conditioning. He is co-author, with Craig Howie, of The Four Pillars of Triathlon: Vital Mental Conditioning for Endurance Athletes and

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The Four Pillars. This article My view is that a top down approach neglects the two most critical elements of successful long course triathlon racing. Endurance

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