

Reference

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5. Uppal, A.K., Gautam, D.P. 2000: *Physical Education and Health*. Delhi. Friends Publications. India.
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Links:

- <http://www.usatriathlon.org/about-multisport/multisport-zone/multisport-lab/articles/7-principles-of-training-082812.aspx>
- <http://www.preservearticles.com/2012022523743/what-are-the-characteristics-of-sports-training.html>
- <http://www.fsps.muni.cz/~tvodicka/data/reader/book-6/02.html>
- <http://ultimateathleteconcepts.com/store/principles-sports-training>