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Triphasic Training is the pinnacle of sports performance training. That's not hype. Cal Dietz, strength coach at the University of Minnesota, has the results to back up this claim – a Hobey Baker Award winner, two Big Ten Athletes of the Year, over 400 All-Americans, 28 Big Ten/WCHA championship teams, 7 NCAA National Team Champions, and 13 teams that finished in the top four in the nation.

Triphasic Training: A systematic approach to elite speed

The Proto-Indo-European homeland (or Indo-European homeland) was the prehistoric urheimat of the Indo-European languages – the region where their reconstructed common ancestor, the Proto-Indo-European language (PIE), was originally spoken. From this region, its speakers migrated east and west, and went on to form the proto-communities of the different branches of the language family.

Proto-Indo-European homeland - Wikipedia

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