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in usrpt sets before extreme neural fatigue begins to crossover into the next fatigue stage the criteria to terminate participation in the set would have been reached therefore the criteria for failure are usrpt s

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web two example sets are 112 x 25 fs at 200 pace on 30 seconds and within the usrpt set failed and recovery repetitions do not contribute to the total yardage at race pace but successful repetitions after a failed and recovery repetition do silverman 1996 summarized very useful guidelines for developing skilled behaviors within

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