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The big book of endurance training and racing by Philip Maffetone, 2010, Skyhorse Pub., Inc. edition, in English

The Big book of endurance training and racing (2010 ...

Endurance was a three-masted barquentine in which Sir Ernest Shackleton and a crew of 27 men and one cat sailed for the Antarctic on the 1914-1917 Imperial Trans-Antarctic Expedition.She was launched in 1912 from Sandefjord in Norway; three years later, she was crushed by pack ice and sank in the Weddell Sea off Antarctica. All of her crew survived.

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