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# Kettlebell Long Cycle Training A 12 Week Progressive Training Program For Long Cycle Competition

**2019 training calendar - tcsheriff** - forty-eight (48) months. the cycle is comprised of two 24-month training units. to maintain their license, peace officers must attend 40 hours of training and attend legislative updates during each 24-month training unit. corrections officers must attend cultural diversity during the training cycle. the current unit runs september 1, 2017 – august 31, 2019.

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