A string is **good** if there are no repeated characters.

Given a string s, return the number of **good substrings** of length **three** in s.

Note that if there are multiple occurrences of the same substring, every occurrence should be counted.

A **substring** is a contiguous sequence of characters in a string.

Example 1:

```
Input: s = "xyzzaz"
Output: 1
Explanation: There are 4 substrings of size 3: "xyz", "yzz", "zza", and "zaz".
The only good substring of length 3 is "xyz".
```

Example 2:

```
Input: s = "aababcabc"
Output: 4
Explanation: There are 7 substrings of size 3: "aab", "aba", "bab", "abc", "bca", "cab", and "abc".
The good substrings are "abc", "bca", "cab", and "abc".
```

Constraints:

- 1 <= s.length <= 100
- s consists of lowercase English letters.