

Triathlon: Expert Training and Race Advice for Beginners and Improvers (Paperback)



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Reviews

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(Shaun Bernier II)

TRIATHLON: EXPERT TRAINING AND RACE ADVICE FOR BEGINNERS AND IMPROVERS (PAPERBACK)



Ryland, Peters Small Ltd, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. Whether you re thinking about taking part in your first sprint-distance event, are trying the Olympic-distance or want to improve your time, Triathlon is a must read for anyone inspired by this fast-growing endurance sport. Are you up to the challenge of the triathlon, the ultimate tests of human fitness? With three elements - swimming, cycling and running - it pushes your body s limits and the buzz you get from finishing is addictive. Here, sports journalist and triathlete Dominic Bliss explains why this event captures the imagination and how anybody with a modicum of fitness can complete this celebrated feat of grit and determination. Starting with the Basics, Dominic goes into the history of the sport and discusses what it takes to compete in a race. Next is Training, where everything you need to know to prepare for the big event is outlined. Included are training plans for several distances to help not only first timers, but also those looking to improve their times. There s professional advice on diet, swimming technique, staying aerodynamic on a bike and more. The Equipment section follows, providing practical advice on what you need to race. The Competing chapter will guide you through the race day - from your pre-race nutrition to the post-race warm-down and recovery. Throughout you will find expert advice from the best coaches and elite athletes, making Triathlon essential reading.



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