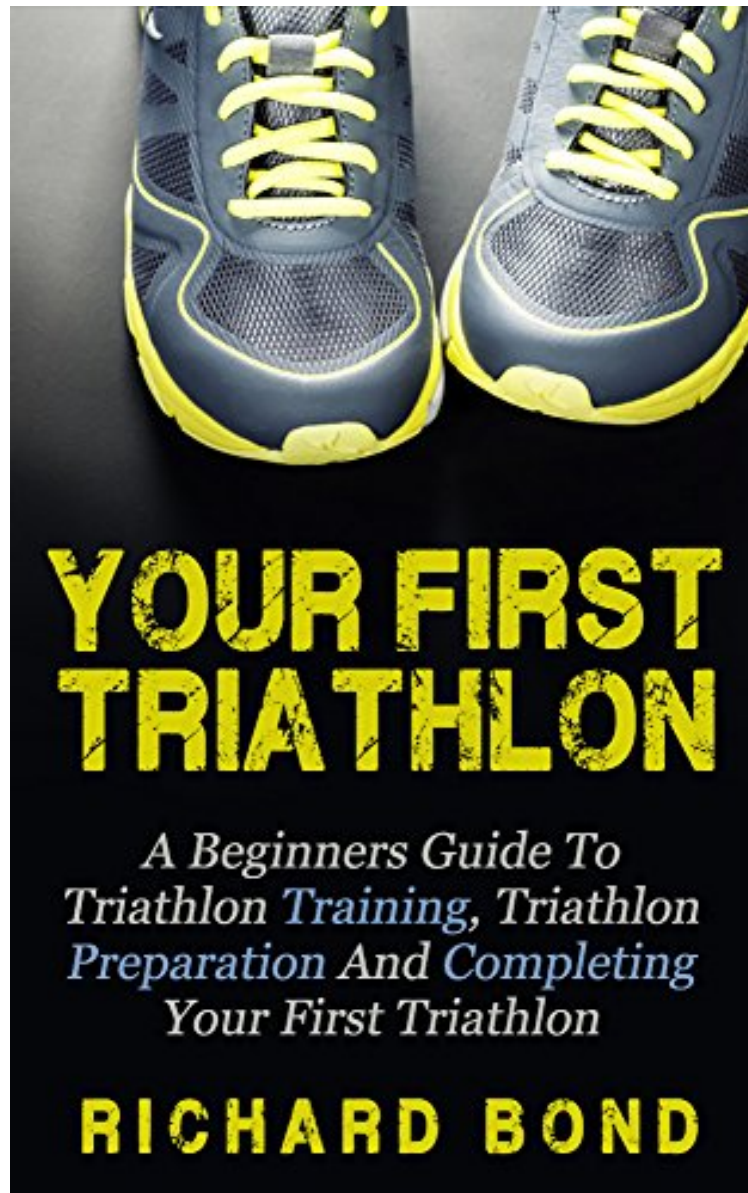


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# **Your First Triathlon: A Beginners Guide To Triathlon Training, Triathlon Preparation And Completing Your First Triathlon (Triathlon, Triathlon Training, Triathlon Books) (English Edition)**

*Von Richard Bond*

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before purchasing it in order to gauge whether or not it would be worth my time, and all praised *Your First Triathlon: A Beginners Guide To Triathlon Training, Triathlon Preparation And Completing Your First Triathlon* (Triathlon, Triathlon Training, Triathlon Books) (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Sehr guter und einfacher Einstieg in die Triathlon weltVon ChrisEine gute bersicht des Triathlon sports fr Einsteiger inkl. Trainingsplne und tips zu Ausrstung und Ernhrung. Fr Hobby Triathleten/Quereinsteiger (Sprint- und Olympische Dstanz) ein gutes leicht verdauliches Werk. Fr fortgeschrittene Triathleten nicht umfangreich genug.

KurzbeschreibungYour First Triathlon - A Beginners Guide To Triathlon Training, Triathlon Preparation And Completing Your First TriathlonWould you like to know how to complete a Triathlon?To many people, having the desire to take part part in a Triathlon is a mystery. But to others, it represents a great challenge to overcome and a great way to spice up up your current weight loss or fitness regime. Most people will take up running, cycling or swimming independently to get fit or to lose weight, why not combine all three?A lot of people are put off by the idea of doing a Triathlon, as they feels it's for the fitness elite. This book demonstrates that's really not the case! In my experience of competing in Triathlons and coaching people, I've found that there's always someone else that's not as fit as you. Whether your 9 to 90 years old, male or female, fat or thin, you can complete a Triathlon if you have the desire. Whatever the initial motivation, the need to test YOUR limits is usually the driving force for people wanting to complete a Triathlon.Anyone with the right mindset can complete a Triathlon, but that doesn't make it easy. When people start thinking about all the equipment, techniques, and training required to complete a Triathlon, the idea becomes scary and overwhelming. That's normal! This book is designed to take a complete beginner through the process of completing a Triathlon. Here's A Preview Of What's InsideAn Introduction To TriathlonSwimming - How to Swim, Gear, Drills and WorkoutsCycling - Gear, Types of Bikes, Bike Fitness and WorkoutsCycling Fitness PlanTransition Training TipsRunning - Gear and WorkoutsSprint Triathlon Training PlanOlympic Distance Training PlanTriathlon Nutrition and HydrationTriathlon PreparationGeneral Triathlon TipsRace Dayand Much More!Download your copy today to receive all of this information!Tags: Triathlon, Triathlon Training, Triathlon Books, Multi Sport, Triathlete, Ironman, Watersports, Triathlon, Triathlon Training, Triathlon Books, Multi Sport, Triathlete, Ironman, Watersports, Triathlon, Triathlon Training, Triathlon Books, Multi Sport, Triathlete, Ironman, WatersportsKurzbeschreibungYour First Triathlon - A Beginners Guide To Triathlon Training, Triathlon Preparation And Completing Your First TriathlonWould you like to know how to complete a Triathlon?To many people, having the desire to take part part in a Triathlon is a mystery. But to others, it represents a great challenge to overcome and a great way to spice up up your current weight loss or fitness regime. Most people will take up running, cycling or swimming independently to get fit or to lose weight, why not combine all three?A lot of people are put off by the idea of doing a Triathlon, as they feels it's for the fitness elite. This book demonstrates that's really not the case! In my experience of competing in Triathlons and coaching people, I've found that there's always someone else that's not as fit as you. Whether your 9 to 90 years old, male or female, fat or thin, you can complete a Triathlon if you have the desire. Whatever the initial motivation, the need to test YOUR limits is usually the driving force for people wanting to complete a Triathlon.Anyone with the right mindset can complete a Triathlon, but that doesn't make it easy. When people start thinking about all the equipment, techniques, and training required to complete a Triathlon, the idea becomes scary and overwhelming. That's normal! This book is designed to take a complete beginner through the process of completing a Triathlon. Here's A Preview Of What's InsideAn Introduction To TriathlonSwimming - How to Swim, Gear, Drills and WorkoutsCycling - Gear, Types of Bikes, Bike Fitness and WorkoutsCycling Fitness PlanTransition Training TipsRunning - Gear and WorkoutsSprint Triathlon Training PlanOlympic Distance Training PlanTriathlon Nutrition and HydrationTriathlon PreparationGeneral Triathlon TipsRace Dayand Much More!Download your copy today to receive all of this information!Tags: Triathlon, Triathlon Training, Triathlon Books, Multi Sport, Triathlete, Ironman, Watersports, Triathlon, Triathlon Training, Triathlon Books, Multi Sport, Triathlete, Ironman, Watersports