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Triathlon Manual: How to Train and Compete Successfully

By Sean Lerwill

Haynes Publishing Group. Hardback. Book Condition: new. BRAND NEW, Triathlon Manual: How to Train and Compete Successfully, Sean Lerwill, Consisting of swimming, cycling and running, triathlon has vastly increased in popularity over the past five years and is now one of the most popular ways of getting fit in the UK. Most people approach the sport with experience of one discipline and then master the other two over time. This all-encompassing manual looks at each sport separately before combining all three in preparation for competitions, such as the gruelling Ironman. Covering everything from nutrition and motivation to injuries and conditioning training, with specific advice for women and children, this Haynes Manual will encourage readers to train, compete and gain a real sense of achievement!.

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