



**The Everything Triathlon Training Book: From scheduling workouts to crossing the finish line -- all you need to meet the challenge (Everything®)**

*Brent Manley, Lucia Colbert*

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Triathlons are exploding in popularity across the country. People who have never entered a race are attracted to the triathlon's mix of running, swimming, and biking. Whether readers are considering their first race or looking for ways to take their training up a notch, this guide is all they need. Triathletes-in-training will learn how to: Find the right shoes, bike, and swimwear; train for sprint and Olympic-distance triathlons; improve running form, cycling efficiency, and freestyle stroke; train alone or in a group; and more. Complete with information on nutrition and motivation, this informational guide also provides training logs so athletes can keep track of their progress every step of the way. The authors take athletes from start to the finish line--and beyond. With their expert help, weekend warriors will find the strength and stamina they need to compete in these accessible, yet challenging, races.

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