



Triathlon Training Fundamentals: A Beginner's Guide to Essential Gear, Nutrition, and Training Schedules (Paperback)

By Will Peveler

ROWMAN LITTLEFIELD, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. Triathlon Training Fundamentals caters directly to the beginner. Triathlon Training Fundamentals presents all of the basic information needed in plain language, from why and how to get started and what events to select, to what equipment to get and how to maintain it, to how to train for each leg of the race-swimming, biking, and running. Triathlon Training Fundamentals goes beyond laying out the basics to also tackle smaller-but equally as important-topics often overlooked in other books, like how to adjust training to fit your specific needs (such as if you have health issues, or are a youth or a woman) or how to troubleshoot equipment and health issues on race day.

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