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YOUR FIRST HALF-DISTANCE TRIATHLON



Paperback. Book Condition: New. Not Signed; Description: Your First Half-Distance Triathlon will guide any triathlete who wished to finish his or her first half-distance triathlon from the beginning of the preparation until race day. The half-distance triathlon consists of a 1.2-mile swim, 56 miles of cycling and a 13.1-mile run. It is anything but an easy option, but it represents a fascinating challenge for any well-trained endurance athlete. Considered a Long Course it covers more miles than the Olympic distance...

Read PDF Your First Half-Distance Triathlon

- Authored by Ash Henry
- Released at -



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