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Triathlon for Women Everything you need to know to get started and succeed

By Charlotte Campbell

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Paperback. 180 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. Triathlon for women is dedicated to all women who are either thinking of getting into triathlons or have done a number of races and want to improve. Written by a female athlete who has been a triathlon champion this comprehensive book covers all you need to know from start to finish. In this book you will learn tons of great information from start to finish including: . Understand the sport of triathlon what is triathlon and how does it work Developing a training plan which simplifies your season and your life Train effectively so you minimise the risk of getting injured and maximise your time Stop you making the mistakes which cost a lot of time and money Make you feel confident when you are on the start line Decide what race length is best for you from sprint to Ironman Buy the right triathlon kit to suit your ability and your aspirations Bike maintenance and other useful specific tips and tools A personal note from the author: When I started racing I was really scared and did...



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