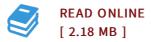




Triathlon Training in Four Hours a Week

By Eric Harr

Rodale Books. Paperback. Book Condition: New. Paperback. 308 pages. Dimensions: 9.1in. x 7.5in. x 0.8in.The Transforming Power of TriathlonTraining for a triathlon will get you in the best shape of your life, not to mention give you a new and exciting fitness pursuit. More than that, it will change your life in ways you never imagined. In 1994, when Eric Harr decided to train for his first triathlon in the U. S. Virgin Islands, the extent of his exercise was walking to the local mango stand for lunch. That one simple step set in motin dozens of other positive steps. Eric began eating better, had more energy, and grew more sensitized to the joys of everyday life. You hold in your hands the key to unlocking a healthy, passion-filled life. All the motivation and practical advice you need to train for and finish a triathlon is within these pages. Four separate training programs to accommodate every fitness levelA complete list of all the gear you need, with money-saving tips on how to get it for lessA 40minute stretch-and-strenghten workout you can do at home-plus an abbreviated 10-minute workout for those days when youre pressed for timeA complete menu plan with...



Reviews

This is the finest book i have got study till now. It usually does not price a lot of. I found out this publication from my i and dad encouraged this book to understand.

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Absolutely among the best book I have possibly go through. I have go through and that i am certain that i am going to gonna read through once again again in the future. I am just delighted to tell you that this is basically the finest book i have got go through within my personal existence and could be he finest book for ever.

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