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Triathlon Workout Planner

By John Mora

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Triathlon Workout Planner, John Mora, This work is aimed at dedicated triathletes and triathlon coaches. It provides a one-stop training solution for the busy triathlete, with workouts, schedules and a training log all geared towards achieving maximum results in the minimum amount of time, and contains weekly key workouts from triathlon experts and eight weeks worth of log pages to help readers track their progress and make personal adjustments to their workouts. The log book feature allows readers to spot any dangers in their training and avoid troublesome injuries by describing the warning signs and how to deal with them. During the course of the book, readers will learn how to train efficiently, save time, avoid injury, and plan for success.



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