

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.

Words That Win: What to Say to Get What You Want, Basic Groupwork, The Little Book of The Properties of Magical Energy (The Bio-Universal Energy Series), Children of the Tipi: Life in the Buffalo Days, Writing from Within Level 1 Students Book, Basic Marketing w/ Student CD, PowerWeb, & Apps Manual [2004-05] (Student Package #1),

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