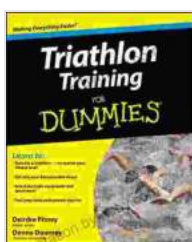


Triathlon Training For Dummies: Your Ultimate Guide to Crushing the Swim, Bike, and Run

Are you ready to conquer the ultimate athletic challenge and dive into the thrilling world of triathlon? Whether you're a seasoned athlete or a complete newbie, Triathlon Training For Dummies by Deirdre Pitney is the indispensable guide you need to achieve your triathlon goals.



Triathlon Training For Dummies by Deirdre Pitney

★★★★☆ 4.5 out of 5

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|----------------------|-------------|
| Language | : English |
| File size | : 3812 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 446 pages |
| Lending | : Enabled |



With over 20 years of experience as a triathlon coach, Deirdre Pitney knows exactly what it takes to succeed in this demanding sport. Her comprehensive book provides you with:

- **Tailored training plans:** Customize your training based on your fitness level and goals, with plans for beginners, intermediates, and advanced athletes.
- **Expert nutrition advice:** Fuel your body for optimal performance with detailed nutrition guidelines, including pre-race, race-day, and recovery

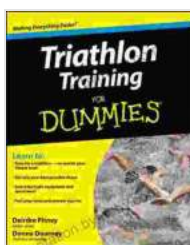
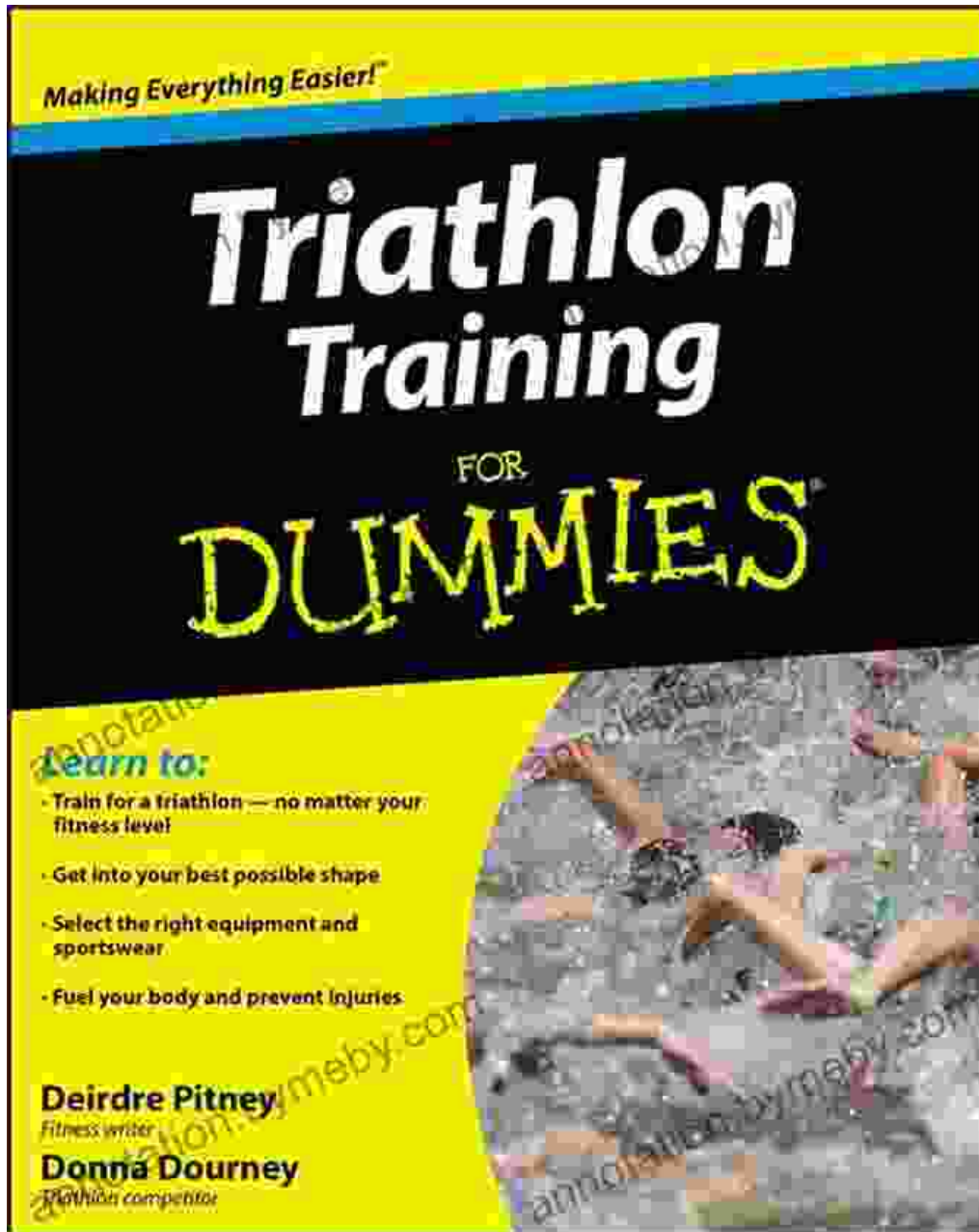
strategies.

- **Race-day strategies:** Prepare for race day like a pro with insider tips on transition techniques, pacing strategies, and mental game-plans.
- **Injury prevention and recovery:** Keep your body in peak condition with expert advice on preventing common triathlon injuries and promoting recovery.
- **Motivation and inspiration:** Stay focused and motivated throughout your training journey with inspiring stories and encouragement from Deirdre and other triathletes.

Triathlon Training For Dummies is more than just a book; it's your personal coach, cheering you on every step of the way. With its clear and engaging writing style, you'll find yourself fully immersed in the world of triathlon, learning from the best and building the confidence to conquer any challenge.

Whether you're striving to complete your first triathlon or aiming for a personal best, Triathlon Training For Dummies is the ultimate resource you need to reach the finish line with triumph. Don't miss out on this opportunity to unlock your tri potential and achieve your triathlon dreams. Free Download your copy today and embark on the journey of a lifetime!

Buy Now



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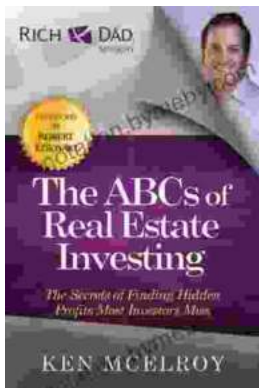
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