

# Triathlon



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The triathlon is the ultimate endurance challenge, pushing the body to its extreme, but giving back an immense and unsurpassed feeling of achievement and reward. This book shows newcomers the best ways to try out the sport, and for those already participating, how to achieve their personal best safely and efficiently. It covers training and how to prepare a realistic program; adapting to your strengths and weaknesses; advice on diet and nutrition, weight training, and stretching and flexibility; injuries; and preparation for positive, combative mental attitude for competition.

作者介绍:

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