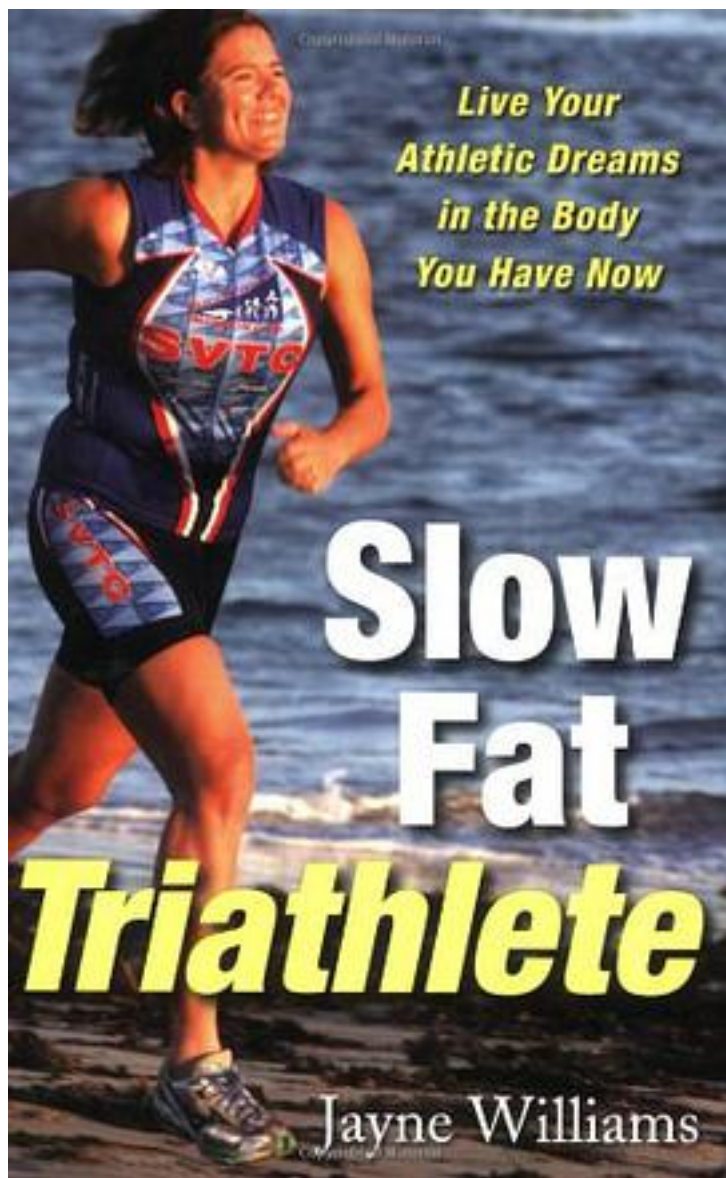


# Slow Fat Triathlete



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Triathlon and endurance sports are not just for the skinny, the fast, and the young. They're for you. You're not too slow, fat, old, or klutzy. You're just fine. Start today. If you think that the only people who have any place in a triathlon are zero-body-fat elite athletes, reconsider right now. Triathlon and other endurance sports are a lot more accessible than you think. Jayne Williams, self-proclaimed "Slow Fat Triathlete," is living proof, and she wants you to join the fun. After years of obesity, poor health, and self-doubt, Jayne mustered up the will to exercise and worked her way from walking around the block to competing in her first triathlon in 2002. She got hooked on the rush of the race, and as a Slow Fat Triathlete, laughs at humiliation, embraces her foibles, and accomplishes impressive goals. Slow Fat Triathlete is for anyone who may be out of shape, undisciplined, or otherwise unprepared to enter a triathlon but is curious to try. With its singular mix of practical advice (do what it takes to avoid chafing), screwball anecdotes (meet the hula dudes from the Big Kahuna Half-Ironman), and off-kilter observations (your wetsuit can make you feel like a superhero), Slow Fat Triathlete proves that you don't have to lose weight, get your life in order, or have all the right equipment to pursue your athletic dreams. Just get off the couch, start moving, and have fun. You can do great things.

作者介绍:

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