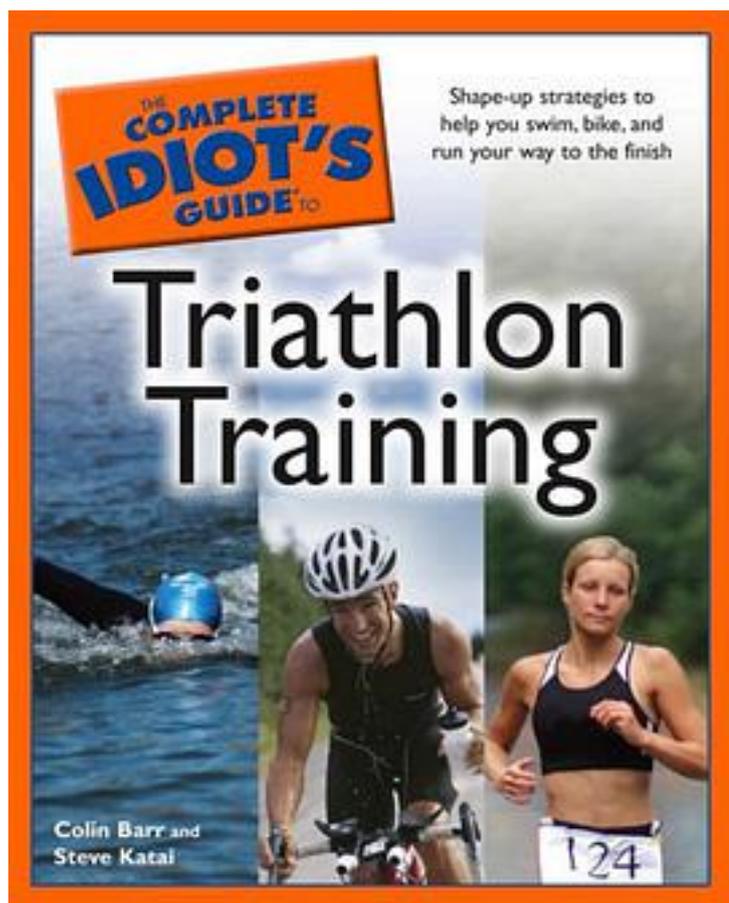


The Complete Idiot's Guide to Triathlon Training



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Every man an Iron Man—and every woman, too! No longer exclusive events reserved for only the most committed athletes, triathlons, duathlons (bike and run), and aquathons (swim and run) now attract hundreds of thousands of Americans. Filled with the inside tips, practical advice, and photos, this is the book for any man or

woman who wants to compete in multi-sport events, regardless of experience level.

--Authors are experienced triathlon competitors and personal trainers

--Tips on setting up, equipment, training, diet, and motivation

--Dozens of exciting instructional photos

作者介绍:

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