Teach Yourself Triathlon (Teach Yourself



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著者:Steve Trew

出版者:McGraw-Hill

出版时间:2009-01-08

装帧:Paperback

isbn:9780071583107

Achieve your best results Whether you are doing your first triathlon or your tenth, "Teach Yourself Triathlon" is appropriate for all levels of experience and commitment. With training advice from an experienced Olympic triathlon coach, your journey from practice to finish line will be a successful, satisfying one.
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