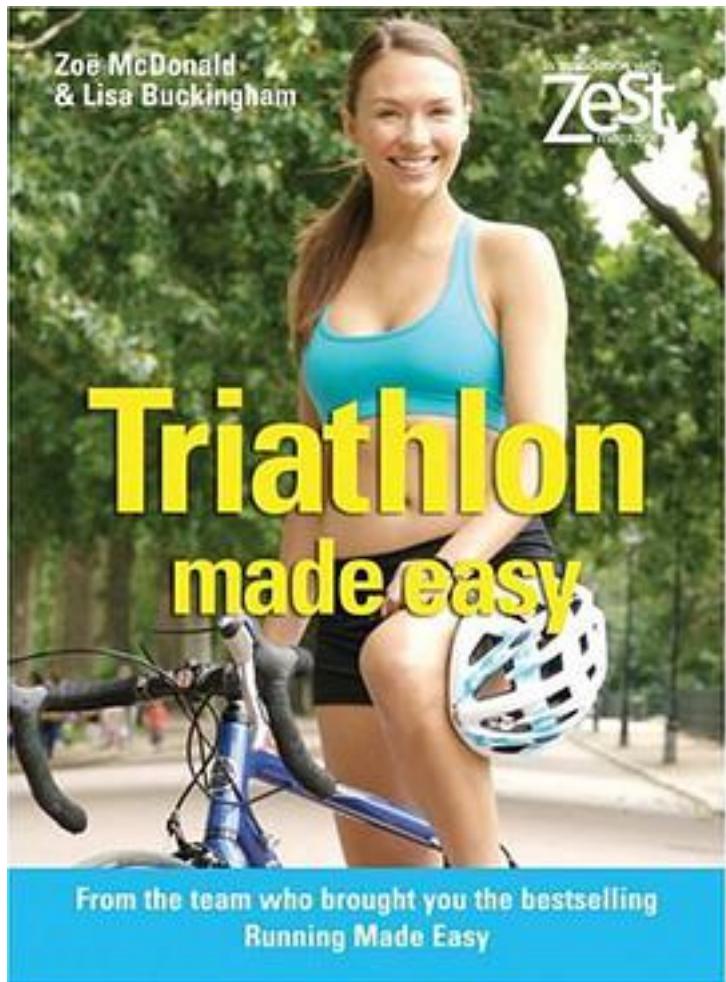


Triathlon Made Easy



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Following in the footsteps of bestselling fitness phenomenon "Running Made Easy" comes a must-have source of inspiration designed to get all those who never dared try

a "Tri" on their way to a better body, enhanced confidence, and soaring energy. It's packed with techniques for all three components of a triathlon competition--swimming, running, and cycling--and with amazing real-life success stories, including tips from regular and expert triathletes. Taking things back to basics with the beginner's plan and diary sections, you'll learn how to follow your progress and quickly move forward, while self-help chapters on goal setting and mind games provide further motivation. Vibrant color illustrations throughout aid understanding, and will inspire you to succeed at whatever challenge you set for yourself.

作者介绍:

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