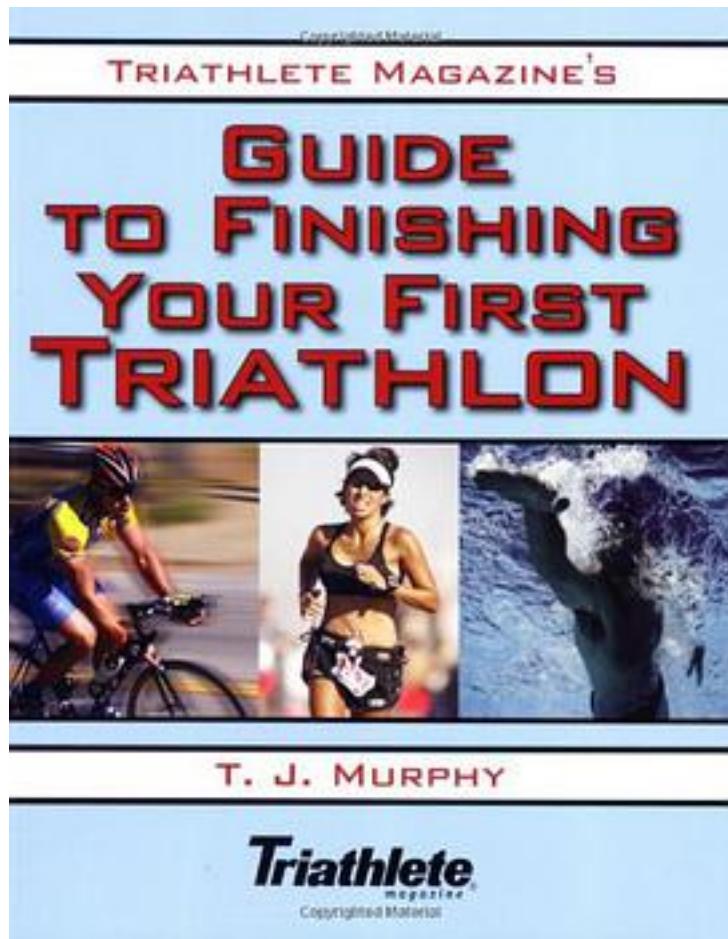


Triathlete Magazine's Guide to Finishing Your First Triathlon



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An inspiring and thorough guide to the ultimate cross-training and fitness adventure.

Here T. J. Murphy, a longtime triathlete and Editor-in-Chief of "Triathlete Magazine," offers the aspiring triathlete a clear and simple pathway that will guide him or her toward experiencing the ultimate fitness lifestyle, culminating with the successful completion of a first triathlon. Beginning with the creation of an athlete's mindset, the author guides the reader through essential techniques for swimming, biking, and running, as well as topics such as nutrition, equipment, and racing. Readers will learn how to create a training schedule and eventually enter and participate in an entry-level triathlon. Even the most unrepentant couch potato can be transformed into a triathlete with this inspiring companion and training partner. 100 color photographs.

作者介绍:

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