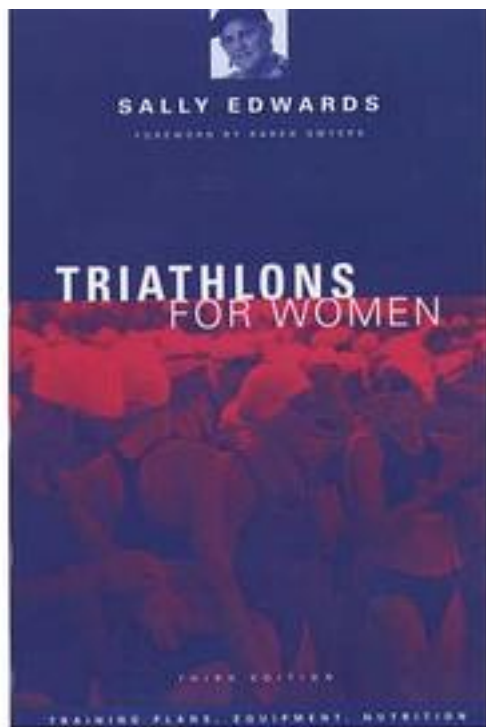


Triathlons for Women



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For over 20 years, Sally Edwards has cheered, prodded, and even pushed hundreds of thousands of women across the finish line of their first triathlon. That's because Sally believes triathlon changes women into healthier, happier people. As spokesperson of the Danskin Women's Triathlon Series and the Trek Women Triathlon Series, Sally has inspired women to take up a new challenge and find a renewed passion for a healthy, active lifestyle. Sally will guide you from the first day of training to race day, with plenty of encouragement along the way. Sally leaves no question unanswered, from workouts

to the transition zone to the most common question of all--what to wear. Triathlons for Women has everything you need to get started: Begin training with a comprehensive 8-week training plan; Keep your training fun with a wide variety of workouts; Improve your technique with simple drills for swimming, cycling, and running; Follow Sally's commonsense advice for better nutrition.

作者介绍:

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