



## Triathlon Bible: What Every Athlete Needs to Know about Triathlons: Bridge the Gap on Nutrition, Fitness and Stamina for Triathlons

By Barry Moore

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Triathlons combine the most grueling of endurance sports open-water swimming, road racing, and distance running. Indeed, a triathlon is a contest of will as much as it s a test of strength and speed, this book will give you a complete walkthrough of how to train and condition your body for a triathlon. Don t get left out in the cold and lose the important race!.



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