



Triathlon for Beginners: Everything You Need to Know About Training, Nutrition, Kit, Motivation, Racing, and Much More

Dan Golding

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Are you thinking about getting into triathlon or doing your first race? Have you finished a couple of races and are keen to improve your performance?

Triathlon training and racing can be daunting and confusing. Many beginners are a little intimidated by everybody else who looks like they know what they are doing and have all the gear.

Triathlon for Beginners is an easy-to-understand and insightful book packed with practical training tips and strategies, nutrition advice, how to develop mental toughness, and advice on triathlon gear you need. It will help you:

- Understand the sport of triathlon and how it works
- Develop a training plan that simplifies your season
- Train effectively, so you minimize the risk of getting injured
- Avoid making mistakes that cost a lot of time and money
- Help you feel confident when you are on the start line
- Decide what race length is best for you, from sprint to Ironman
- Buy the right triathlon kit to suit your ability and your aspirations

A personal note from the author: This book is gathered from years of training and racing, not only from my triathlon experience but from the experiences of champions. I have trained with and raced with elite athletes and winners from all over the world, but I also started out not knowing what I was doing and was scared to death when I did my first race.

I wish I had this book when I started out. I would have saved myself a lot of heartache and stress! I wrote this to help all triathlon rookies get over their nerves and enjoy this fantastic sport.

Triathlon for Beginners is a complete start-to-finish guide that covers all areas of training and racing, including what you need to know and how to begin; how to understand the jargon of the sport; training rules and techniques; swimming, cycling, and running techniques; race etiquette; and how to get faster and better performances.

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Gary McKinney:

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Richard Moyer:

The book Triathlon for Beginners: Everything You Need to Know About Training, Nutrition, Kit, Motivation, Racing, and Much More has a lot details on it. So when you make sure to read this book you can get a lot of benefit. The book was written by the very famous author. The author makes some research before write this book. This kind of book very easy to read you can get the point easily after scanning this book.

Alexander Ray:

Playing with family in a park, coming to see the marine world or hanging out with good friends is thing that usually you may have done when you have spare time, subsequently why you don't try matter that really opposite from that. A single activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Triathlon for Beginners: Everything You Need to Know About Training, Nutrition, Kit, Motivation, Racing, and Much More, you may enjoy both. It is fine combination right, you still need to miss it? What kind of hangout type is it? Oh seriously its mind hangout men. What? Still don't understand it, oh come on its called reading friends.

Kenneth Jordan:

Many people spending their time frame by playing outside with friends, fun activity using family or just watching TV all day long. You can have new activity to shell out your whole day by reading a book. Ugh, ya think reading a book will surely hard because you have to accept the book everywhere? It alright you can have the e-book, getting everywhere you want in your Smart phone. Like Triathlon for Beginners: Everything You Need to Know About Training, Nutrition, Kit, Motivation, Racing, and Much More which is finding the e-book version. So , why not try out this book? Let's notice.

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