



# 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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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.

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