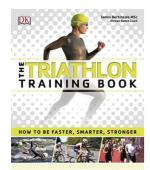
# Read Book

## THE TRIATHLON TRAINING BOOK



Dorling Kindersley Ltd, United Kingdom, 2016. Paperback. Book Condition: New. 239 x 201 mm. Language: English. Brand New Book. Trying your first sprint triathlon or wanting to raise your game? The Triathlon Training Book is the one-stop reference for every triathlete. Here are all the essentials you need to improve your athletic performance and reach your goals. Kick-start your triathlon training with coaching advice on perfecting technique, improving nutrition and choosing the best kit and equipment. Improve your racing...

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- Authored by DK, James Beckinsale
- Released at 2016



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