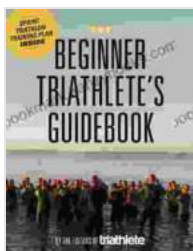


The Beginner's Guide to Triathlon: A Comprehensive Guide to Getting Started

Are you new to triathlon? Or maybe you're a seasoned athlete looking to improve your performance? Either way, The Beginner's Guide to Triathlon by John Thorndike is the perfect resource for you.



The Beginner Triathlete's Guidebook by John Thorndike

★★★★☆ 4.2 out of 5

Language : English
File size : 6563 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 110 pages



This comprehensive guidebook covers everything you need to know about triathlon, from training to race day. Thorndike provides expert advice on:

- Choosing the right gear
- Creating a training plan
- Nutrition and hydration
- Race day strategies
- And much more!

Whether you're just starting out or you're looking to take your triathlon performance to the next level, The Beginner's Guide to Triathlon has something for you. This book is a must-read for any triathlete.

About the Author

John Thorndike is a certified triathlon coach and a two-time Ironman finisher. He has competed in triathlons all over the world and has helped hundreds of athletes achieve their triathlon goals.

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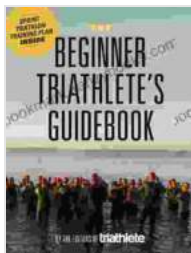
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