



12 Week Triathlete, 2nd Edition-Revised and Updated: Everything You Need to Know to Train and Succeed in Any Triathlon in Just Three Months - No Matter Your Skill Level

Tom Holland

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It takes only 12 weeks to train to compete in a triathlon—no matter what level you're at now!

Imagine being able to successfully compete in a triathlon in just three short months! You can, with fitness expert Tom Holland's all-encompassing, easy-to-use training manual, *The 12-Week Triathlete*. This completely revised and updated edition gives fitness enthusiasts the most exciting, encouraging, and up-to-date exercise information, including 12 brand-new training plans that outline exactly what you need to do every day up until the big event for ultimate triathlon success.

Whether you are a beginner or a seasoned triathlete, training for a Sprint, Olympic, Half-Ironman, or Ironman event, this book offers a complete, step-by-step program that will help you strengthen, tone-up, and both physically and mentally prepare for the big day. You will learn how to:

—Swim – Start your race confidently, swim strongly surrounded by others, and transition easily from a wetsuit.

—Bike – choose the right bike, transport it safely to the race, and fuel yourself properly while you ride.

—Run – Don't bonk, improve your speed, and see your race through to the end.

—Put It All Together – Eat right through the 12 weeks, train for each segment of the race, gather your equipment and transport it safely to the race, plan for and avoid last-minute emergencies, and, most of all, have fun and continue to compete in the future.

In addition all this, you'll also find insider information on weight-training, endurance training, and speed work, as well as answers to questions like "Can you eat during a race?," "How do you line up your bike so you can jump right on it?," and "What is the best way to quickly shed your wetsuit?"

The 12-Week Triathlete is your secret weapon to triathlon triumph—start training today!

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