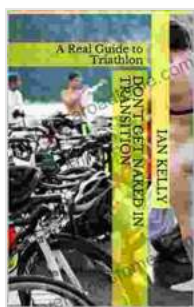


The Real Guide to Triathlon: Your Comprehensive Blueprint for Success

Are you ready to take on the ultimate challenge of triathlon? Whether you're a beginner just starting out or an experienced athlete looking to improve your performance, *The Real Guide to Triathlon* has everything you need to succeed.



Don't Get Naked in Transition: A Real Guide to Triathlon

by Ruthy Boehm

★★★★☆ 4.2 out of 5

Language : English
File size : 32631 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 216 pages
Lending : Enabled



From Beginner to Advanced: A Step-by-Step Guide

This book is designed to take you from beginner to advanced, step-by-step. You'll learn everything you need to know about:

- **Training:** How to create a training plan that fits your goals and abilities, including swimming, biking, and running.
- **Nutrition:** What to eat before, during, and after your workouts and races to optimize your performance.

- **Hydration:** How to stay hydrated throughout your training and racing to avoid dehydration.
- **Recovery:** How to rest and recover properly to maximize your gains and prevent injuries.
- **Equipment:** What equipment you need for triathlon, including bikes, wetsuits, and running shoes.
- **Mindset:** How to stay motivated and focused during your training and racing.

Expert Advice from World-Class Triathletes

The Real Guide to Triathlon is written by a team of world-class triathletes and coaches, including:

- **Chrissie Wellington:** Four-time Ironman World Champion
- **Javier Gomez:** Two-time Ironman World Champion
- **Mirinda Carfrae:** Two-time Ironman World Champion
- **Craig Alexander:** Three-time Ironman World Champion
- **Ben Greenfield:** Fitness expert and bestselling author

These experts share their insights and experiences to help you achieve your triathlon goals.

Step-by-Step Instructions and Real-Life Examples

This book is not just a collection of theory. It provides step-by-step instructions and real-life examples to help you put what you learn into practice. You'll find:

- **Training plans:** For beginners, intermediate, and advanced athletes.
- **Nutritional guidelines:** For pre-, during, and post-workout and race nutrition.
- **Hydration tips:** To help you stay hydrated during your training and racing.
- **Recovery strategies:** To help you recover quickly and effectively.
- **Equipment recommendations:** For bikes, wetsuits, and running shoes.
- **Mindset exercises:** To help you stay motivated and focused.

The Ultimate Resource for Triathletes

The Real Guide to Triathlon is the ultimate resource for triathletes of all levels. It's the only book you need to achieve your triathlon goals.

Free Download your copy today and start your journey to triathlon success!



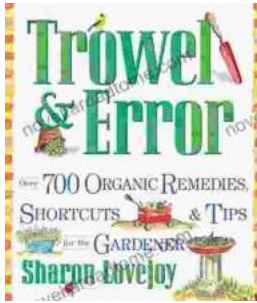
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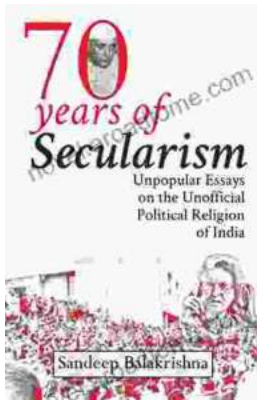
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