

Your First Half-Distance Triathlon



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Reviews

Just no terms to describe. This is for those who statte that there was not a worth studying. I am just easily can get a enjoyment of studying a written ebook.

(Deshawn Roob)

YOUR FIRST HALF-DISTANCE TRIATHLON



To download **Your First Half-Distance Triathlon** eBook, you should follow the button below and save the file or have accessibility to additional information which are related to YOUR FIRST HALF-DISTANCE TRIATHLON book.

Paperback. Book Condition: New. Not Signed; Description: Your First Half-Distance Triathlon will guide any triathlete who wished to finish his or her first half-distance triathlon from the beginning of the preparation until race day. The half-distance triathlon consists of a 1.2-mile swim, 56 miles of cycling and a 13.1-mile run. It is anything but an easy option, but it represents a fascinating challenge for any well-trained endurance athlete. Considered a Long Course it covers more miles than the Olympic distance and provides the perfect stepping stone to the ITU Long Distance races and even the Ultra Distance Ironman triathlon. This book offers a great amount of detailed training plans. There are in-depth examples of core and peripheral training and heart-rate dependent pace levels T1-T8, which help to illustrate the year-round training recommendations. It also features advice on swimming, cycling, and running training, cross training, equipment, strengthening and stretching, typical training errors, recovery, self-motivating performance testing and motivation tips, as well as anecdotes and emotional stories from competitions. With this guide, anyone can finish their first half-distance triathlon. book.



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