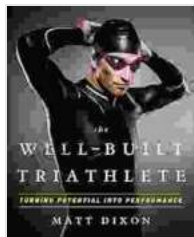


The Well Built Triathlete: Turning Potential Into Performance



The Well-Built Triathlete: Turning Potential into Performance

★★★★☆ 4.6 out of 5

Language	: English
File size	: 34710 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 478 pages



The Well Built Triathlete is a comprehensive guide to triathlon training and racing. It covers everything from choosing the right gear to developing a training plan to race day strategy. Whether you're a beginner or an experienced triathlete, this book has something to offer you.

Who is this book for?

The Well Built Triathlete is for anyone who wants to improve their triathlon performance. Whether you're a beginner looking to complete your first race or an experienced athlete looking to set a new personal best, this book can help you achieve your goals.

What you'll learn in this book

In this book, you'll learn:

- How to choose the right gear for your triathlon
- How to develop a training plan that fits your needs
- How to improve your swimming, biking, and running performance
- How to race day strategy
- And much more!

About the author

Matt Fitzgerald is a veteran endurance coach and author of more than 20 books on running, triathlon, and fitness. He has coached hundreds of athletes to success at all levels, from beginners to world champions. Matt is a regular contributor to Triathlete magazine and other leading endurance sports publications.

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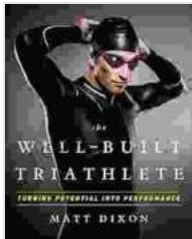
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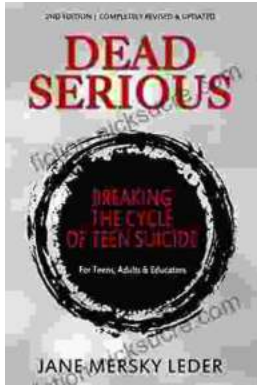
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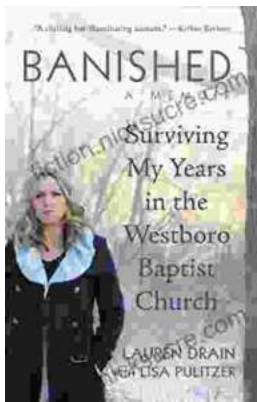
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