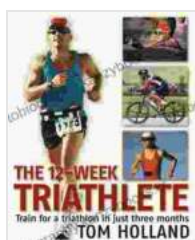


Train For Triathlon In Just Three Months

Even if you're a complete beginner, this book will show you how to train for a triathlon in just three months!

Are you ready to take on the challenge of a triathlon? If so, then this book is for you! With easy-to-follow plans and expert advice, you'll be ready to race in no time.



The 12-Week Triathlete: Train for a Triathlon in Just Three Months by Tom Holland

★★★★☆ 4.2 out of 5

Language : English

File size : 9346 KB

Text-to-Speech : Enabled

Print length : 256 pages



This book will teach you everything you need to know about triathlon training, including:

- How to choose the right triathlon for you
- How to create a training plan that fits your needs
- How to train for the swim, bike, and run
- How to nutrition for triathlon training
- How to stay motivated and injury-free

Whether you're a complete beginner or a seasoned athlete, this book has something for you. So what are you waiting for? Start training today and be ready to race in just three months!

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““This book is a must-read for anyone who wants to train for a triathlon. It's packed with helpful tips and advice, and the training plans are easy to follow.” - Our Book Library reviewer”



““I'm a complete beginner and this book has helped me so much. I'm now confident that I can train for a triathlon in just three months.” - Goodreads reviewer”



““This book is the perfect resource for anyone who wants to train for a triathlon. It's well-written and easy to follow, and the training plans are realistic and achievable.” - Barnes & Noble reviewer”

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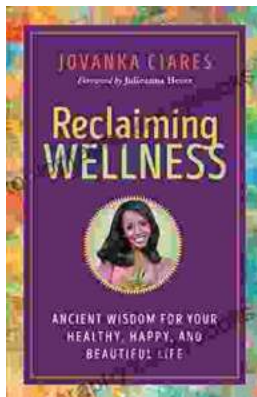
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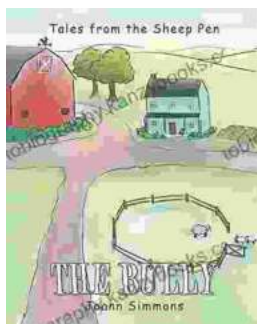
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