



Triathlon Manual: How to Train and Compete Successfully

Sean Lerwill

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Consisting of running, swimming and cycling, triathlon has increased in popularity over the past five years and is now one of the most popular methods of getting fit in the UK. This manual will look at each aspect of the triathlon as an individual discipline before combining all three. People often come to the sport with experience of one discipline, such as running, and then master the other two afterwards - so an all-encompassing book would target a wide range of people. Key chapters will include kit and equipment, warm-ups and cool-downs, training programs, psychology, nutrition, injuries and types of competitions - including the grueling Ironman. The manual will provide basic information on every aspect, and actively encourages readers to train and gain a real sense of achievement!

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