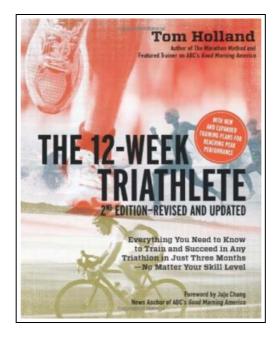
# The 12 Week Triathlete: Train for a Triathlon in Just Three Months



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## THE 12 WEEK TRIATHLETE: TRAIN FOR A TRIATHLON IN JUST THREE MONTHS



Fair Winds Press. Paperback. Book Condition: new. BRAND NEW, The 12 Week Triathlete: Train for a Triathlon in Just Three Months, Tom Holland, Imagine being able to successfully compete in a triathlon in just three short months! You can, with fitness expert Tom Holland's training manual, The 12-Week Triathlete. This revised and updated edition gives fitness enthusiasts the most exciting, encouraging, and upto-date information, including 12 new training plans that outline exactly what you need to do for triathlon success. Whether you are a beginner or a seasoned triathlete, this book offers a complete, step-by-step program that will help you strengthen, tone-up, and both physically and mentally prepare for the big day. You'll also find insider information on weight training, endurance training, and speed work, as well as answers to questions like "Can you eat during a race?," "How do you line up your bike so you can jump right on it?," and "What is the best way to quickly shed your wetsuit?" The 12-Week Triathlete is your secret weapon to a triumphant triathlon-start training today!.



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