



The Complete Book of Triathlons

Sally Edwards

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The Complete Book of Triathlons Sally Edwards

Train Hard, Enjoy Yourself, and Excel!

Congratulations! You've reached the starting line for achieving the physical and psychological triumph of your life training for a triathlon. Whether you're training for your very first triathlon or simply looking to improve your performance, this book has it all.

Inside, 19-time Ironman finisher Sally Edwards coaches you mile by mile through the exhilarating sport of triathlon. You'll learn how to work out at a pace that's perfect for you and discover the wonderful physical and mental rewards of regular training and exercise. Triathlons are for *everyone*, including you! This book will help you prove it by teaching you how to:

- Overcome the mental and physical barriers
- Train properly and improve steadily in each sport
- Find the equipment suited just for you
- Develop a performance-enhancing nutritional and workout strategy
- And much, much more!

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