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The Complete Book of Triathlon Mark Kleanthous, 2016-05-23 The Complete Book of Triathlon is for all athletes who want to improve in or convert to the fascinating sport of triathlon It shows among other things how to construct a training program how to approach a competition and offers an Encyclopedia that covers all aspects of triathlon This book shows the triathlete and aspiring triathlete everything they need to know about triathlon whether a sporting novice or an accomplished athlete in another sport It tells you how to get started what equipment to buy the diet you will need how to devise a training routine and how to arrange your busy life in order to accommodate it and then explains how to finish a race as well as how to recover from it The Complete Book of Triathlon will tell you how to be the best that you can be in triathlon not necessarily by training harder but by training smarter Every aspect of your life has the potential to affect your mental and physical performance and you need to take this into account when devising your training in order to avoid both over training and under training Mark Kleanthous system for monitoring training stress levels which he has been successfully using for many years is unique to him but is revealed in this book Use it and you can achieve your optimum performance

The Complete Book of Triathlon Training Mark Kleanthous, 2012 Covers all aspects of triathlon from getting started to training to how to finish a race

Runner's World Complete Book of Running Editors of Runner's World Magazine, 2009-12-22 Revised and updated edition of the popular book on everything you need to know about running

Summary of The Women's Health Big Book of Exercises SellWave Audio, 2025-10-31 The Women's Health Big Book of Exercises is a definitive fitness resource designed to help women achieve stronger leaner and healthier bodies As the most comprehensive exercise guide created specifically for women it serves as an essential tool for beginners seeking guidance and for seasoned fitness enthusiasts aiming to refine their routines Packed with hundreds of tips the book draws on the latest exercise science and showcases innovative workouts

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