



# **Triathlon Bible: What Every Athlete Needs To Know About Triathlons: Bridge the Gap on Nutrition, Fitness and Stamina for Triathlons**

*Barry Moore*

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Triathlons combine the most grueling of endurance sports open-water swimming, road racing, and distance running. Indeed, a triathlon is a contest of will as much as it's a test of strength and speed, this book will give you a complete walkthrough of how to train and condition your body for a triathlon. Don't get left out in the cold and lose the important race!

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