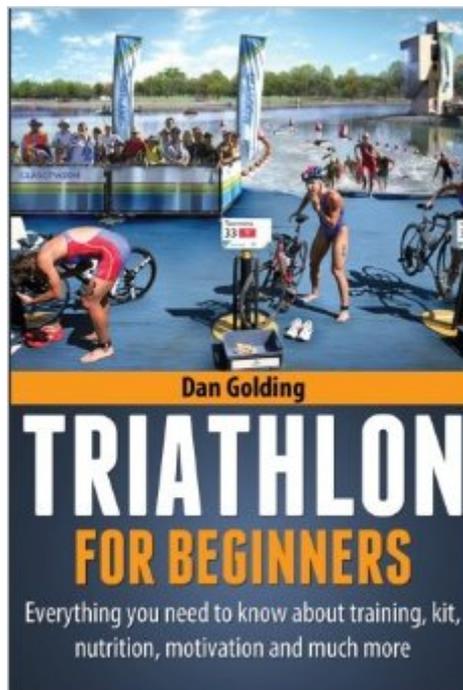


The book was found

# Triathlon For Beginners: Everything You Need To Know About Training, Nutrition, Kit, Motivation, Racing, And Much More



## Synopsis

Are you thinking about getting into triathlon or doing your first race? Have you finished a couple of races and are keen to improve your time? Do you find the whole sport daunting and confusing? Are you a little intimidated by everybody else who looks like they know what they are doing? This easy to understand and insightful book is packed with practical ways you can improve and it will help you:

- Understand the sport of triathlon • what is triathlon and how does it work?
- Develop a training plan together that simplifies your season
- Train effectively so you minimise the risk of getting injured
- Stop you making the mistakes which cost a lot of time and money
- Make you feel confident when you are on the start line
- Decide what race length is best for you from sprint to Ironman
- Buy the right triathlon kit to suit your ability and your aspirations

A personal note from the author: "This book is gathered from years of training and racing but not only from my triathlon experience but from the experience of champions. I have trained with and raced with elite athletes and winners from all over the world but I started not knowing what I was doing and was scared to death when I did my first race. I wish I had this book when I started out. I would have saved myself a lot of heart ache and stress! I wrote this to help all triathlon rookies get over their nerves and enjoy this fantastic sport."

**Triathlon for beginners** is the start to finish complete guide which covers all the areas of training and racing including:

- Where to start • types of races, what you need to know and where to begin
- Jargon buster • helping you understand the terms of the sport so you can understand what people are talking about when they say "T1" or "Brick"!
- Training rules and techniques
- Swimming technique and etiquette
- Running technique and how to prevent injury and run faster
- Cycling in a pack what to do and what not to do
- Transition • how to lay it out, what to bring and how to be effective
- Understanding nutrition and why it is key, how best to manage your nutrition and what is best to eat for triathlon training and racing
- Race day • what to look out for, how to prepare and what to expect

This guide takes you from start to finish so you can feel confident and comfortable when you train and race. Here are some of the comments we have had from readers... I loved this book! I have completed a few triathlons- sprint and Olympic distance. This book really simplified what is important to focus on. There is so much to know and learn that sometimes you feel overwhelmed. It is an easy, entertaining read but packed with good knowledge that made a big difference to my racing.

Charlotte Campbell, World Games triathlon gold medallist I wish this was around before! I did a number of Triathlons over the last few years. When I first took it up I had to ask people's advice which at best was disjointed and worst, confusing. I also read some very good stuff on the internet, however this was also disjointed and incomplete. This book would have been ideal, as it puts it all

together clearly and concisely. Liam Harrington; sprint triathlete

## Book Information

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## Customer Reviews

As someone who has never done triathlon and wanting to learn about how to participate, I found this book quite lacking. There are no suggested training plans. (There's a lot of "hire a coach"). There is little description of gear (despite that being one of the major value props of this book). I need to know what to wear and beyond guidance to not wear a wet suit if not required and to choose a "tri suit" instead... I didn't find it. What the heck is a tri suit? and where does one find such a thing? If you're looking for a "rah rah, you can do it, don't give up" book, then go ahead and buy it. I didn't find the practical information I needed here.

The perfect book for beginners. I followed the advice and easily finished my first triathlon. Can't wait for the 2015 season to begin for the second competition. I used the email address provided in the book and the author replied and offered advice during my entire training period.

Transitioning from just biking and running want a new challenge in life. Bought this book expecting the basic info I needed and you get it. Great quick read on how to set you self up to finish a triathlon and the many avenues you can take to get help. Would recommend

This book was short, easy to read, and most of all, to the point. Much of the information was largely common sense, but for beginners who might not know the basics, it is helpful seeing it in print. I've

now got several triathlons under my belt, so felt that this book might have been too basic, but it does get you on the right track and even offers some great tips.

"Triathlon for Beginners" provides a soup-to-nuts guide for anyone interested in doing a triathlon. The level of detail that is covered in the book is such that it could only have been written by experienced triathletes. Without such a guide, the prospect of competing in a triathlon for the first time would be daunting -- mistakes would be made, and worse, injury. With the guide, I now know what to expect and how to plan for it. I'm an experienced marathon runner planning on doing a triathlon, and I now have a better appreciation of what that will take. There are so many added dimensions and considerations! Thank you guys for presenting it all in a simple, easy to use format.

A nice overview for someone like me who really has never done a triathlon and is looking to get into it. There are probably some good tips for those more familiar with the sport. The editing IS atrocious though...

Dan Golding presents a lot of helpful information in a few pages. The book is easy to read and moves quickly. The problem with triathlon in general is that it ranges from the Iron Man to the sprint, from events that take more than 10 hours to complete to those that take less than 2 hours. So, you have to read and adapt to tailor to your event. As a senior sprint triathlete, I found this book very helpful. If you put it together with Joe Friel's Your First Triathlon it will help you fully prepare for your first triathlon. Where this book is weak is in the section on transitions. I don't know how it is in Great Britain, but in most sprint tri's you are lucky to have 3 sq. feet to organize your stuff. My last one, the woman next to me brought all her stuff in a laundry basket which crowded me even more. But overall, the book is worth your time.

This book is perfect for the beginner and more. It gives very clear understanding of everything one needs to know to start their journey triathlon. Have just begun it for the second time to keep me in line and not overdo it. Takes the fear out of why we can,t do a triathlon and ensures us that anyone can complete a triathlon . Very sound advice on every aspect of training and the event itself. The transition information alone is worth the price of the book.

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