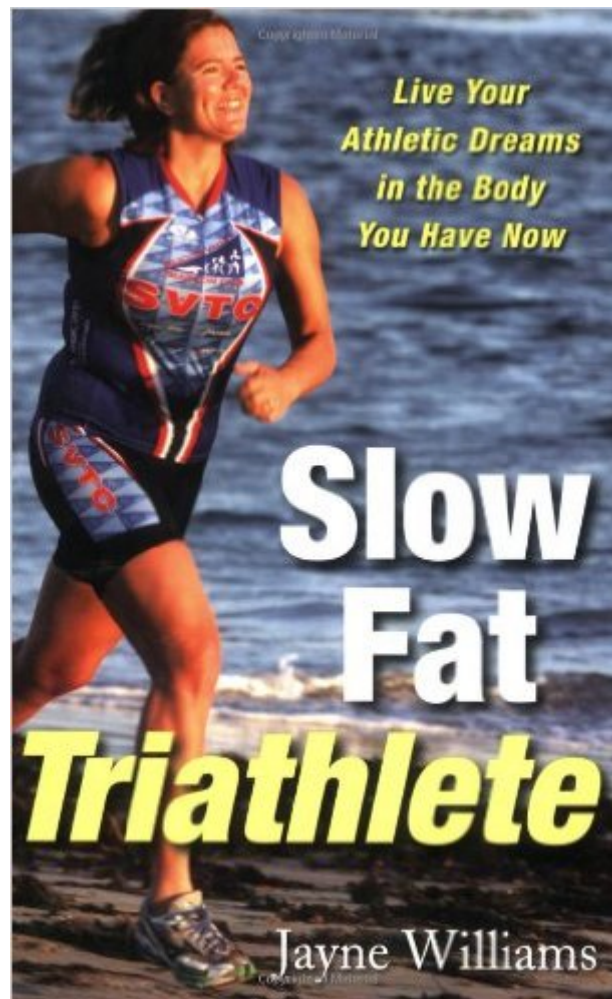


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# Slow Fat Triathlete: Live Your Athletic Dreams In The Body You Have Now



## Synopsis

The idea of participating in a triathlon may sound out of the realm of possibility for those without a typical jock-athlete's honed build, intense focus, and competitive mindset. But now *Slow Fat Triathlete* opens the door to those who may not come quite so equipped. After years of obesity, poor health, and self-doubt, Jayne Williams took part in her first triathlon in 2002 to prove something to herself and became hooked on the rush of the race. Today she is a self-proclaimed "slow fat triathlete," unafraid to overcome humiliation, laugh at her foibles, have fun, and accomplish impressive goals. *Slow Fat Triathlete* is a book for those who may be overweight, out of shape, undisciplined, or otherwise unprepared to enter a triathlon but are curious to try. Through personal stories, practical ideas and suggestions, and uproarious anecdotes, this book inspires, encourages, and proves that with a little training, almost everybody can have a great time and reap huge rewards from pursuing their tri dreams; and that everyone can become a participant and an athlete.

## Book Information

Paperback: 192 pages

Publisher: Da Capo Press (April 8, 2004)

Language: English

ISBN-10: 1569244677

ISBN-13: 978-1569244678

Product Dimensions: 6.2 x 0.5 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (87 customer reviews)

Best Sellers Rank: #468,765 in Books (See Top 100 in Books) #55 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming](#) #113 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons](#)

## Customer Reviews

Do not let this title fool you! This book is for ANYONE who has just discovered the thrill of wanting to compete in a triathlon. "Slow Fat Triathlete" will help ANYONE who has never experienced a triathlon - even if they are rail thin. Also, just calmly brush aside the word, "fat," (which the author amusingly refers to as the "f -word" in her first sentence) - because if you get involved in THIS sport, you may soon be a LOT slimmer. What if, after a lifetime of HATING to exercise, you suddenly woke up WANTING to exercise? We ALL know the reasons to exercise as a means of achieving better bodies, better health, and increased longevity. Yet how many of us EVER find that "magic pill" that

will suddenly make us ENJOY exercising?? Exercise for many of us has ALWAYS been B-O-R-I-N-G. Well, for me that "magic pill" came in the form of wanting to start competing in triathlons. As Jayne Williams reveals in her witty and utterly self-confident style, triathlons do NOT have to be of an "Ironman" caliber where you swim 2 miles, ride 120+ miles and run 25 miles. In EVERY state (including Alaska), you will find many "sprint" triathlons consisting of a 400-yd.swim, 12-mile bike, 2-3 mile run/walks. They also have "Olympic" triathlon events that increase the ante to a 1/2-1 mile swim, 25-mile bike, and 6- mile run/walks. Likewise, they have 1/2 Ironman triathlons as well. How is this possible to suddenly ENJOY exercising? Well, for many of us, it is the lure of the fun and competition. Come Race Day and the pay-off arrives after all the hours of hard exercising.

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