



# The Triathlon Training Book

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## The Triathlon Training Book DK

*The Triathlon Training Book* is your one-stop reference for training and competing in a triathlon. Find all the essentials you need to start training and improve your performance:

- Clear, customizable training plans for all triathlon distances.
- Step-by-step exercises to build your strength.
- Incredible illustrations that explain efficiency and speed.
- Expert advice on race-day strategy, nutrition, and equipment.
- Trustworthy advice on treating common triathlon injuries and maintaining a healthy body.

Whether you are a first-timer or a seasoned Ironman veteran, you'll find what you need in *The Triathlon Training Book*. There's even a special performance chapter with detailed anatomical artwork that explains the physiology and body mechanics for swimming, cycling, and running so you can see what's happening inside your body as you train.

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