



Triathlon: Winning at 70.3: How To Dominate The Middle Distance

Dan Golding

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Triathlon: Winning at 70.3 is dedicated to all triathletes who are thinking about stepping up to the middle distance. 70.3 Half Ironman training requires quite a different approach to the shorter distances and to be successful, a more professional approach to training is required. Do not set yourself up for failure on race day! Simply doubling your Olympic distance training will not work. Those who do this will struggle. Do NOT be one of these!

This comprehensive book will give you a specific road map to 70.3 triathlon training and help you properly prepare for your event. It will include race day nutrition strategies, goal setting tips, help you find your ideal race weight, help you train at the right intensity, understand exactly how much fluid to drink, recovery strategies of the pros, strength training strategies that work and much more.

70.3 triathlon is a serious step up and preparation is key. Luckily if you do it right, 70.3 training is something that you can fit into a busy life, get in the best shape of your life and succeed. Remove the guesswork and learn what the pros do.

Summon your mental toughness and inner warrior A personal note from the author: *"This book will help you avoid many 70.3 mistakes that many triathletes make. There is a ton more involved than simply doubling Olympic distance training and hoping for the best! 70.3 is by far, my favourite distance and provides incredible challenge, satisfaction and fitness."* Triathlon: Winning at 70.3 is a complete in depth guide, which covers all aspects of training, nutrition and racing.

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Eric Campanelli: Here thing why this Triathlon: Winning at 70.3: How To Dominate The Middle Distance are different and trusted to be yours. First of all reading through a book is good however it depends in the content from it which is the content is as scrumptious as food or not. Triathlon: Winning at 70.3: How To Dominate The Middle Distance giving you information deeper and in different ways, you can find any e-book out there but there is no publication that similar with Triathlon: Winning at 70.3: How To Dominate The Middle Distance. It gives you thrill reading journey, its open up your eyes about the thing that will happened in the world which is possibly can be happened around you. It is possible to bring everywhere like in recreation area, café, or even in your way home by train. When you are having difficulties in bringing the published book maybe the form of Triathlon: Winning at 70.3: How To Dominate The Middle Distance in e-book can be your choice.

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