



# **Your First Triathlon: A Beginners Guide to Triathlon Training, Triathlon Preparation and Completing Your First Triathlon**

*Richard Bond*

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### **Would you like to know how to complete a triathlon?**

To many people, having the desire to take part in a triathlon is a mystery. But to others, it represents a great challenge to overcome and a great way to spice up your current weight loss or fitness regime. Most people will take up running, cycling, or swimming independently to get fit or to lose weight, but why not combine all three?

A lot of people are put off by the idea of doing a triathlon, as they feel it's for the fitness elite. This audiobook demonstrates that's really not the case! In my experience of competing in triathlons and coaching people, I've found that there's always someone else that's not as fit as you. Whether you're nine to 90 years old, male or female, fat or thin, you can complete a triathlon if you have the desire.

### **Whatever the initial motivation, the need to test your limits is usually the driving force for people wanting to complete a triathlon.**

Anyone with the right mindset can complete a triathlon, but that doesn't make it easy. When people start thinking about all the equipment, techniques, and training required to complete a triathlon, the idea becomes scary and overwhelming. That's normal! This book is designed to take a complete beginner through the process of completing a triathlon.

Here's a preview of what you'll learn:

- An introduction to triathlon
- Swimming - how to swim, gear, drills and workouts
- Cycling - gear, types of bikes, bike fitness and workouts
- Cycling fitness plan
- Transition training tips
- Running - gear and workouts
- Sprint triathlon training plan
- Olympic distance training plan
- Triathlon nutrition and hydration
- Triathlon preparation
- General triathlon tips
- Race day
- And much more!



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