



Starting Out Triathlon: Training for Your First Competition (Ironman Edition)

Paul Huddle, Roch Frey, Bob Babbit

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Have you always wanted to give triathlon a try? Well, here's the best book on the market to get you to the starting line. Roch Frey and Paul Huddle are the two most respected names in multi sport coaching. They cover all the bases in the first book of the Ironman Training Series. Besides running, cycling ad swimming, you'll find information on everything from weight training to flexibility to nutrition. Don't sit on the sidelines any longer. With Roch and Paul at your side, anyone and everyone can do a triathlon.

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