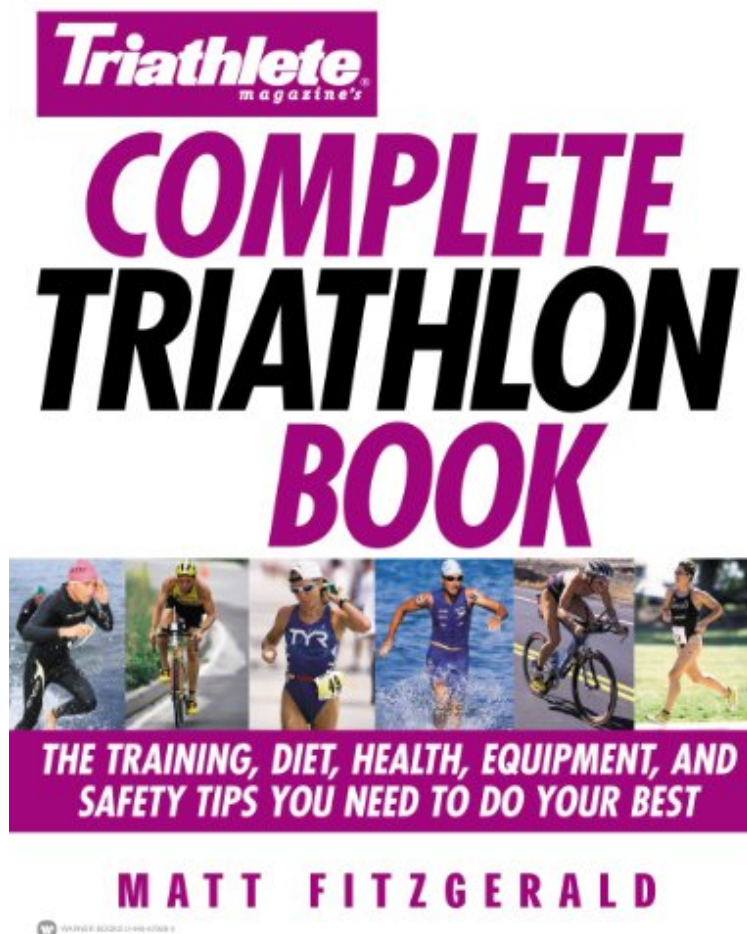


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## Triathlete Magazine's Complete Triathlon Book: The Training, Diet, Health, Equipment, and Safety Tips You Need to Do Your Best (English Edition)

Von Matt Fitzgerald

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Von Matt Fitzgerald : Triathlete Magazine's Complete Triathlon Book: The Training, Diet, Health, Equipment, and Safety Tips You Need to Do Your Best (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Triathlete Magazine's Complete Triathlon Book: The Training, Diet, Health, Equipment, and Safety Tips You Need to Do Your Best (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 2 Kunden fanden die folgende Rezension hilfreich. almost perfectVon Detlef RedanteThe book gives what the author promises.I hope it put me into the position to write my own good workout schedule - how good it is ? we will see in July ;- )The only thing I'm missing is something about

trainingscamps. But there is a lot about all of the three disciplines and after the first two weeks - I think it works.

Kurzbeschreibung Training, diet, health, equipment, safety tips - this book has the information needed to participate safely competitively in triathlete sports. Werbetext\* This 'Triathlon Bible' covers everything anyone, from beginner to expert, would want to know about competing in this increasingly popular sport. Kurzbeschreibung Training, diet, health, equipment, safety tips - this book has the information needed to participate safely competitively in triathlete sports.