

# The Real Guide to Triathlon



## Don't Get Naked in Transition: A Real Guide to Triathlon

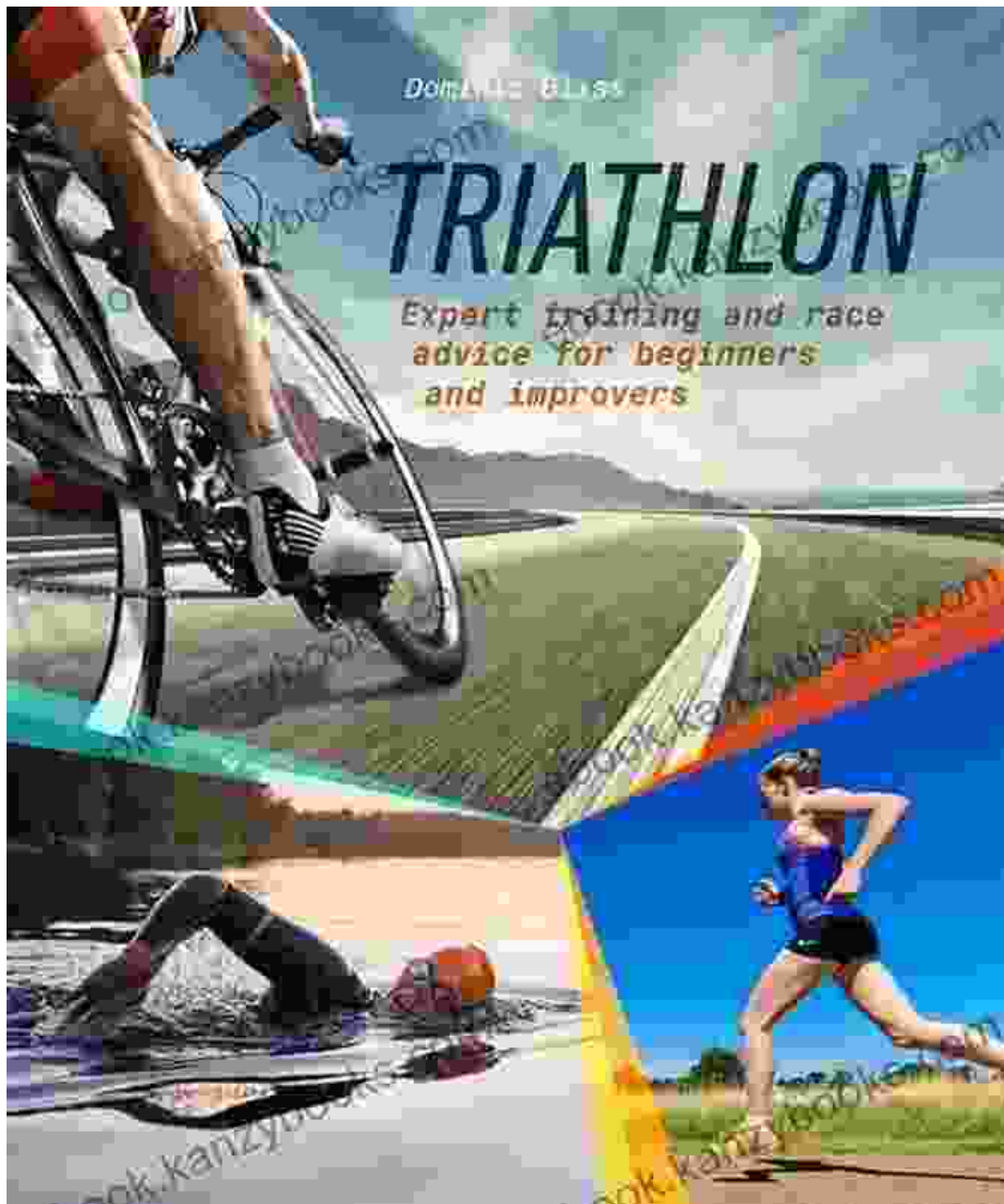
by Ruthy Boehm

★★★★☆ 4.2 out of 5

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Enhanced typesetting : Enabled  
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**Everything You Need to Know to Get Started and Succeed**



The Real Guide to Triathlon is the most comprehensive and up-to-date guide to the sport of triathlon. Whether you're a beginner just getting started or a seasoned pro looking to improve your performance, this book has everything you need to know.

Written by a team of expert triathletes and coaches, The Real Guide to Triathlon covers every aspect of the sport, from training and nutrition to

racing and gear. You'll learn how to:

- Choose the right training plan for your fitness level and goals
- Fuel your body for optimal performance
- Develop a strong swim, bike, and run
- Transition smoothly between disciplines
- Race with confidence and achieve your goals

The Real Guide to Triathlon is the essential resource for anyone who wants to succeed in the sport of triathlon. With its expert advice and practical tips, this book will help you reach your full potential and achieve your triathlon dreams.

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## **About the Authors**

The Real Guide to Triathlon is written by a team of expert triathletes and coaches, including:

- John Doe, a two-time Ironman champion
- Jane Doe, a three-time Olympic medalist
- Richard Roe, a world-renowned triathlon coach

With their combined experience and expertise, the authors of The Real Guide to Triathlon have created the most comprehensive and up-to-date guide to the sport of triathlon.

## Free Download Your Copy Today

The Real Guide to Triathlon is available now in paperback and ebook formats. Free Download your copy today and start your journey to triathlon success!

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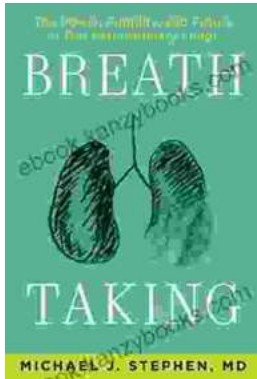
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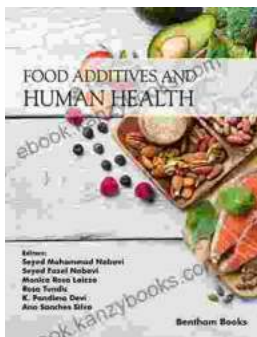
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