



Be Your Best at Triathlon: A Teach Yourself Guide (Teach Yourself: Reference)

Steve Trew

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Everything you need to perform your best in a triathlon

Offering advice on developing your technique, improving your performance and how to master the three disciplines, *Be Your Best at Triathlon* will enable you to achieve their goals. Whether you have a few hours a week or want a more intense training program, you will find a training schedule to meet your needs.

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Erica Lewis:

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Barbara Watson:

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