



Triathlons for Women

Sally Edwards

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For over 20 years, Sally Edwards has cheered, prodded, and even pushed hundreds of thousands of women across the finish line of their first triathlon. That's because Sally believes triathlon changes women into healthier, happier people. As spokesperson of the Danskin Women's Triathlon Series and the Trek Women Triathlon Series, Sally has inspired women to take up a new challenge and find a renewed passion for a healthy, active lifestyle.

Sally will guide you from the first day of training to race day, with plenty of encouragement along the way. Sally leaves no question unanswered, from workouts to the transition zone to the most common question of all--what to wear. *Triathlons for Women* has everything you need to get started:

- Begin training with a comprehensive 8-week training plan
- Keep your training fun with a wide variety of workouts
- Improve your technique with simple drills for swimming, cycling, and running
- Follow Sally's commonsense advice for better nutrition

With Sally's help, any woman can renew her passion for a healthy, active lifestyle.

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Ralph Dell:

Often the book Triathlons for Women has a lot of information on it. So when you make sure to read this book you can get a lot of help. The book was authored by the very famous author. This articles author makes some research ahead of write this book. This book very easy to read you will get the point easily after reading this book.

Veda Howard:

Exactly why? Because this Triathlons for Women is an unordinary book that the inside of the reserve waiting for you to snap this but latter it will distress you with the secret the idea inside. Reading this book beside it was fantastic author who else write the book in such incredible way makes the content interior easier to understand, entertaining approach but still convey the meaning completely. So , it is good for you because of not hesitating having this any more or you going to regret it. This unique book will give you a lot of advantages than the other book possess such as help improving your ability and your critical thinking approach. So , still want to delay having that book? If I have been you I will go to the reserve store hurriedly.

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