



First Triathlons: Personal Stories of Becoming a Triathlete

Gail Waesche Kislevitz

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Over 40 inspirational stories told by athletes about their first triathlon experience.

PLUS: Coaching advice from the experts: Terry Laughlin, Chris Carmichael, Bart Yasso, and Dave Scott

These inspirational stories told in the voices of athletes—of all ages and abilities—give the clearest picture of what it is like to move up to the triathlon. Whether you are a swimmer, a cyclist, a runner, or “none of the above,” you can train for a triathlon and experience the incredible joy of accomplishing this challenging multisport event.

The stories in this book cover every bit of inside knowledge you need: What was hard? What was easy? What gear do I need? What should I eat? How can I make it through the transitions quickly? How does training differ in moving up from a single sport? What are the technical and mental barriers that must be overcome? How can I train to be a better swimmer, biker, runner? What is the inner experience of doing a triathlon? How do triathlons change people’s lives?

First Triathlons covers “sprint-distance” triathlons, Olympic-distance races, and the full Ironman, for athletes of all levels who are ready for their next big challenge—to do your first, or to do them for the rest of your life.

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