Idiot's Guides: Triathlon Training

Steve Katai, Colin Barr

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Triathlons are growing in popularity with both people accustomed to running races and complete novices to the competition realm. From choosing the right equipment to signing up for the right race, from techniques and exercises to training schedules, and including hazard and injury avoidance, this four-color book visually covers all aspects of sprint and intermediate (standard) triathlon training. Packed with expert advice from a professional triathlon trainer, this easy-to-follow beginner's guide shows how to maximize one's strength and energy for the best performance.

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