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# The Complete Book of Triathlon Training: The Essential Guide for All Distances

*Mark Kleanthous*

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# The Complete Book of Triathlon Training: The Essential Guide for All Distances

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**The Complete Book of Triathlon Training: The Essential Guide for All Distances** Mark Kleanthous *The Complete Book of Triathlon Training* is for all athletes who want to improve in or convert to the fascinating sport of triathlon. It shows among other things how to construct a training program, how to approach a competition and offers an Encyclopedia that covers all aspects of triathlon.

This book shows the triathlete and aspiring triathlete everything they need to know about triathlon, whether a sporting novice or an accomplished athlete in another sport. It tells you how to get started, what equipment to buy, the diet you will need, how to devise a training routine and how to arrange your busy life in order to accommodate it, and then explains how to finish a race, as well as how to recover from it. *The Complete Book of Triathlon Training* will tell you how to be the best that you can be in triathlon; not necessarily by training harder, but by training smarter.

Every aspect of your life has the potential to affect your mental and physical performance, and you need to take this into account when devising your training in order to avoid both over-training and under-training. Mark Kleanthous system for monitoring training-stress levels which he has been successfully using for many years is unique to him but is revealed in this book. Use it and you can achieve your optimum performance.

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