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Triathlon. Loving it is easy

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SWIM, BIKE, RUN: THE ULTIMATE BEGINNER'S GUIDE. In the quest for understanding this beautiful and increasingly popular sport, TRIATHLON, LOVING IT IS EASY is the definitive starter's book for the aspiring triathlete. This comprehensive guide is packed with practical ways that will help you: * Understand triathlon, * Understand how you fit into this discipline, regardless of your physical condition, * Comprehend how each discipline functions and learn how to properly run, swim, bike and transition, * Understand how you can improve your performance, * Train properly, train prudently, train efficiently, * Prepare for your first race, * Realize your full potential. TRIATHLON, LOVING IT IS EASY was written by a man who has lived and breathed sports all his life and triathlon for the last 15 years. As a member of his country's national team he has competed in numerous triathlon events throughout Europe. Christos's book was the first of its kind written in Greek. Now in its revised 3rd edition, it has created a craze for triathlon throughout the Greek world. Apart from a wealth of athletic and scientific information, Christos shares his personal experiences with a sense of humor and honesty rarely seen in sports books. Christos is not an author; he is a triathlete. Who better to guide you in your exciting journey than a fellow sports enthusiast?

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