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# YOUR FIRST TRIATHLON: RACE-READY IN 5 HOURS A WEEK (2ND REVISED EDITION)



VeloPress. Paperback. Book Condition: new. BRAND NEW, Your First Triathlon: Race-ready in 5 Hours a Week (2nd Revised edition), Joe Friel, This clear and comprehensive book makes preparing for sprint and Olympic triathlons simple and stress-free. Joe Friel's practical training plan takes fewer than 5 hours a week, giving aspiring triathletes the confidence and fitness to enjoy their first race. Your First Triathlon offers a 12-week training plan for total beginners as well as custom plans for athletes experienced in...

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- Authored by Joe Friel
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