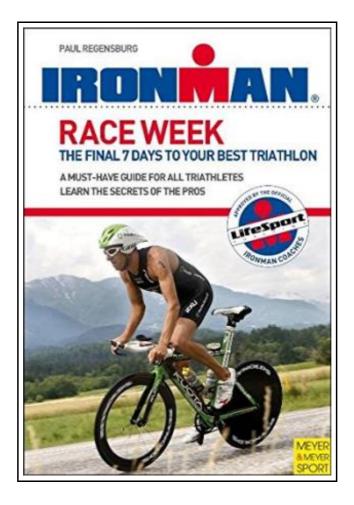
Race Week: The Final 7 Days to Your Best Triathlon (Paperback)



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Reviews

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RACE WEEK: THE FINAL 7 DAYS TO YOUR BEST TRIATHLON (PAPERBACK)



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Meyer Meyer Sport (UK) Ltd, United Kingdom, 2010. Paperback. Book Condition: New. 238 x 160 mm. Language: English . Brand New Book. This how-to book will help triathletes of all skill levels in their final preparations for race day. Avoid mistakes, prepare perfectly, and learn the secrets of the pros! This book will guide you through the final week before your race, regardless of whether it is your first triathlon or your goal event for the season. Featuring material and systems based on the experiences of the coaches and athletes of LifeSport, the Official Coaches of Ironman, this race preparation system has helped numerous athletes prepare for both their first triathlon and for their gold medal performances at the Olympic Games. Race Week is packed with tips on preparation, including final workouts, nutrition, equipment selection, mental rehearsals, travel and strategies for dealing with event environment before the race. It will also prepare you for race day, with tips on warm-ups, pacing, open-water swimming skills, tactics, transitions and any weather conditions that the race will throw at you.

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