

The Triathletes Guide to Peak Performance



The Triathletes Guide to Peak Performance is the ultimate resource for every multisport athlete striving to break through to the next level on the race course. It is a compilation of hard-won knowledge shared by the sports greatest coaches and champions from the pages of Inside Triathlon magazine. The stories delve into the minutia behind training and racing strategies that have carried athletes to Olympic success and Ironman world titles. This e-book shows you how to reach the pinnacle of your own abilities by tapping into your mental and physical potential.

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