



# The Perfect Distance: Training for Long-Course Triathlons (Ultrafit Multisport Training)

*Tom Rodgers*

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Long course triathlon -- a pivotal step toward the sport's ultimate challenge, the Ironman -- is rapidly growing in popularity. Packed with techniques and drills, "The Triathlete's Guide to Half-Ironman Training" is the first book to equip triathletes for the long course. Every facet of effective preparation for the event is thoroughly outlined. There are sport-specific chapters as well as instruction on selecting equipment, making smart nutrition decisions, strength training, and overcoming injuries. Extensive appendices with workouts for swim, bike, run, key training sessions, and indoor training make this book the ultimate resource.

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The reason why? Because this The Perfect Distance: Training for Long-Course Triathlons (Ultrafit Multisport Training) is an unordinary book that the inside of the guide waiting for you to snap this but latter it will distress you with the secret the idea inside. Reading this book next to it was fantastic author who also write the book in such awesome way makes the content within easier to understand, entertaining technique but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this ever again or you going to regret it. This phenomenal book will give you a lot of benefits than the other book include such as help improving your skill and your critical thinking means. So , still want to postpone having that book? If I had been you I will go to the guide store hurriedly.

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