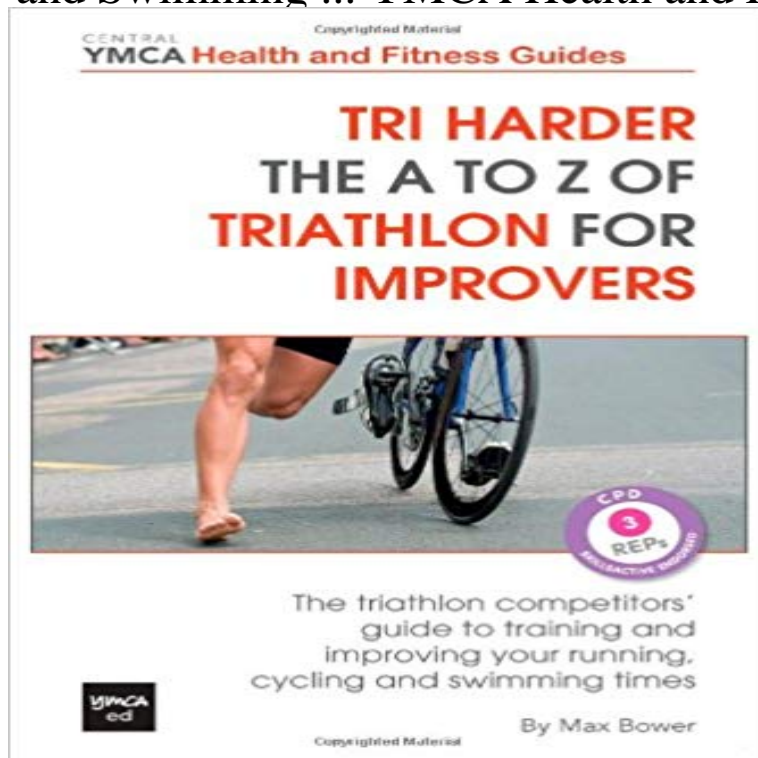


## Tri harder - The A to Z of Triathlon for Improvers: The Triathlon Competitors Guide to Training and Improving Your Running, Cycling and Swimming ... YMCA Health and Fitness Guides) (Volume 3)



With interest in triathlon at an all-time high, Tri Harder The A to Z of triathlon for improvers, by Max Bower, is a must read for enthusiastic triathletes looking to improve their techniques and times across the gruelling sports swimming, cycling and running stages. Published by Central YMCA Guides from Central YMCA, the UKs leading activity for health charity this A to Z guide covers all aspects of the sport, from training techniques and kit considerations, to effective bike gear selection and injury avoidance. An experienced triathlete and fitness industry professional, Maxs unique overview offers triathletes an opportunity to reflect on past experiences and refine their training and preparation to ensure that their next triathlon is swum, cycled and run quicker and more efficiently. Packed with tips for fitness, performance enhancement, added enjoyment and more, Tri Harder The A to Z of triathlon for improvers is just what the triathlon world and its hundreds of thousands of aspiring triathletes have been waiting for.

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