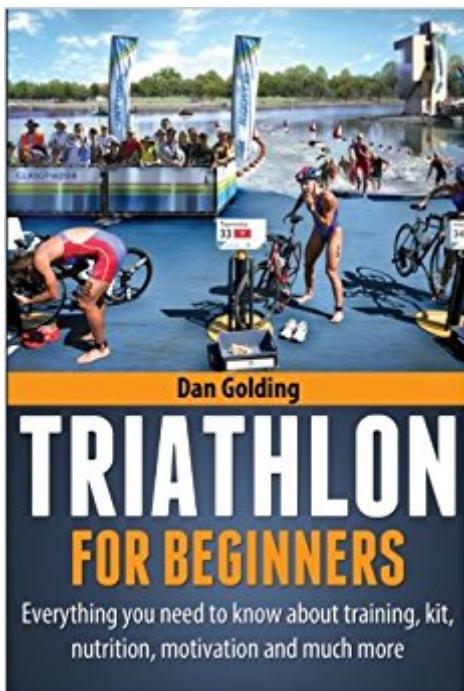


The book was found

# Triathlon For Beginners: Everything You Need To Know About Training, Nutrition, Kit, Motivation, Racing, And Much More



## Synopsis

Are you thinking about getting into triathlon or doing your first race? Have you finished a couple of races and are keen to improve your time? Do you find the whole sport daunting and confusing? Are you a little intimidated by everybody else who looks like they know what they are doing? This easy to understand and insightful book is packed with practical ways you can improve and it will help you:

- Understand the sport of triathlon – what is triathlon and how does it work?
- Develop a training plan together that simplifies your season
- Train effectively so you minimise the risk of getting injured
- Stop you making the mistakes which cost a lot of time and money
- Make you feel confident when you are on the start line
- Decide what race length is best for you from sprint to Ironman
- Buy the right triathlon kit to suit your ability and your aspirations

A personal note from the author: "This book is gathered from years of training and racing but not only from my triathlon experience but from the experience of champions. I have trained with and raced with elite athletes and winners from all over the world but I started not knowing what I was doing and was scared to death when I did my first race. I wish I had this book when I started out. I would have saved myself a lot of heart ache and stress! I wrote this to help all triathlon rookies get over their nerves and enjoy this fantastic sport."

"Triathlon for beginners" is the start to finish complete guide which covers all the areas of training and racing including:

- Where to start – types of races, what you need to know and where to begin
- Jargon buster – helping you understand the terms of the sport so you can understand what people are talking about when they say "T1" or "Brick"!
- Training rules and techniques
- Swimming technique and etiquette
- Running technique and how to prevent injury and run faster
- Cycling in a pack what to do and what not to do
- Transition – how to lay it out, what to bring and how to be effective
- Understanding nutrition and why it is key, how best to manage your nutrition and what is best to eat for triathlon training and racing
- Race day – what to look out for, how to prepare and what to expect

This guide takes you from start to finish so you can feel confident and comfortable when you train and race. Here are some of the comments we have had from readers...

"I loved this book! I have completed a few triathlons- sprint and Olympic distance. This book really simplified what is important to focus on. There is so much to know and learn that sometimes you feel overwhelmed. It is an easy, entertaining read but packed with good knowledge that made a big difference to my racing."

Charlotte Campbell, World Games triathlon gold medallist

I wish this was around before! I did a number of Triathlons over the last few years. When I first took it up I had to ask people's advice which at best was disjointed and worst, confusing. I also read some very good stuff on the internet, however this was also disjointed and incomplete. This book would have been ideal, as it puts it all

together clearly and concisely. Liam Harrington; sprint triathlete

## Book Information

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## Customer Reviews

Some reader reviews: I was not sure about buying this book as I thought it may be too basic but I thought at £3 it was worth a read, and I am happy that I did! It has given me some great ideas and tips that had not even crossed my mind and will definitely help my training and racing going forward. There are a few bits I already knew but I really found the technical elements (preparation, transitions, race day, mental approach etc.), very useful. [Read More](#) MitchiJ

I love helping people discover triathlon and all the fun it brings. it is a really exciting and enjoyable sport and it is great to be able to help so many people get started and keep going with their first few seasons. It is always great to hear and see the feedback from people and I am constantly improving the work I do and the information I give. I hope you enjoy and come to love this sport and all the challenges it brings and I wish you all the fun and success in doing it for whatever reason that is.

Dan Golding presents a lot of helpful information in a few pages. The book is easy to read and moves quickly. The problem with triathlon in general is that it ranges from the Iron Man to the sprint, from events that take more than 10 hours to complete to those that take less than 2 hours. So, you have to read and adapt to tailor to your event. As a senior sprint triathlete, I found this book very helpful. If you put it together with Joe Friel's Your First Triathlon it will help you fully prepare for your

first triathlon. Where this book is weak is in the section on transitions. I don't know how it is in Great Britain, but in most sprint tri's you are lucky to have 3 sq. feet to organize your stuff. My last one, the woman next to me brought all her stuff in a laundry basket which crowded me even more. But overall, the book is worth your time.

The perfect book for beginners. I followed the advice and easily finished my first triathlon. Can't wait for the 2015 season to begin for the second competition. I used the email address provided in the book and the author replied and offered advice during my entire training period.

As someone who has never done triathalon and wanting to learn about how to participate, I found this book quite lacking. There are no suggested training plans. (There's a lot of "hire a coach"). There is little description of gear (despite that being one of the major value props of this book). I need to know what to wear and beyond guidance to not wear a wet suit if not required and to choose a "tri suit" instead... I didn't find it. What the heck is a tri suit? and where does one find such a thing? If you're looking for a "rah rah, you can do it, don't give up" book, then go ahead and buy it. I didn't find the practical information I needed here.

I've been running for almost 6 years now. I feel confident on my bike and I'm just beginning with swimming lessons and this book was just what I needed. Great book for the beginner "triathlete" or anyone considering to do their first triathlon

I read the book over and over and have it with me everywhere i go, i am going to have my first triathlon this coming Sunday, i have never participate in anything like it before i just wanted to get out of my comfort zone but i didn't know what to do or what i needed. This book guide me like if it was taking my hand from step to step and help me even how to look and buy my bike which i didn't even have a clue about. Today i feel confident and even a few days away and looking for my last things on my list i still have this book under my arm checking on my final list. I went to take classes on how to fix my bike as well. Thank you so much for taking the time to write this book and guide millions of people like this time that you are guiding me. i am going with my head up, really excited and confident to this event that means the world to me. Thank youjv

Book was listed as very good and showed up in better condition than the last book I ordered that was listed as new. It had a tight spine, crisp clean corners and all the pages were free off of writing

or highlighting.

Transitioning from just biking and running want a new challenge in life. Bought this book expecting the basic info I needed and you get it. Great quick read on how to set you self up to finish a triathlon and the many avenues you can take to get help. Would recommend

As a beginner I find this book as an excellent guide through so much of information that available out there. The latter actually creates sometimes confusion and incorrect understanding. Buying this book at a right time was a key factor in my preparation for my first sprint triathlon. I now feel much confident and calm in my mind that I have done everything correctly and I will enjoy the race and my results. All comments and recommendations are written in a very simple and basic language which is most of the is so important. Thanks for the nice and helpful book.

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