



# Time-Crunched Triathlon

*Joe Beer*

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**Time-Crunched Triathlon** Joe Beer

**A no-nonsense guide to effective training for the time-crunched, busy triathlete—from a respected endurance athlete**

For beginners to experienced triathletes, this manual will help to maximize your investment, success, and enjoyment in this most demanding of endurance sports. Those with hectic lives who want to enjoy triathlons must ensure that they train effectively. Participating in three sports means trying to be a jack-of-all trades, organizing a lot of equipment, and shuffling through the plethora of training information available both off- and online. This no-nonsense guide provides real-life examples, clear and simple explanations, and actual tips and tricks from successful triathletes. It debunks the theory that triathletes are super-beings and looks at the real ways they manage training on top of a busy lifestyle. It also considers the usual challenges of weather, illness and injury, and how to be consistent even when you can't follow a completely regimented routine 24/7. Perfect for any triathlete who wants to become more time-efficient, Joe Beer's book forgoes the fluff and focuses on the ultimate training essentials.

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