



The Complete Guide to Triathlon Training

Hermann Aschwer

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In The Complete Guide to Triathlon Training H. Aschwer shares with you his vast knowledge and experience of the sport. The book addresses all aspects of preparing for and competing in traditions, from basic training principles to mental preparation, equipment and facial tips. It also includes Aschwer's highly detailed 5-stage programme of training schedules which will take you from novice competitions light up the Hawailan Ironman.

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