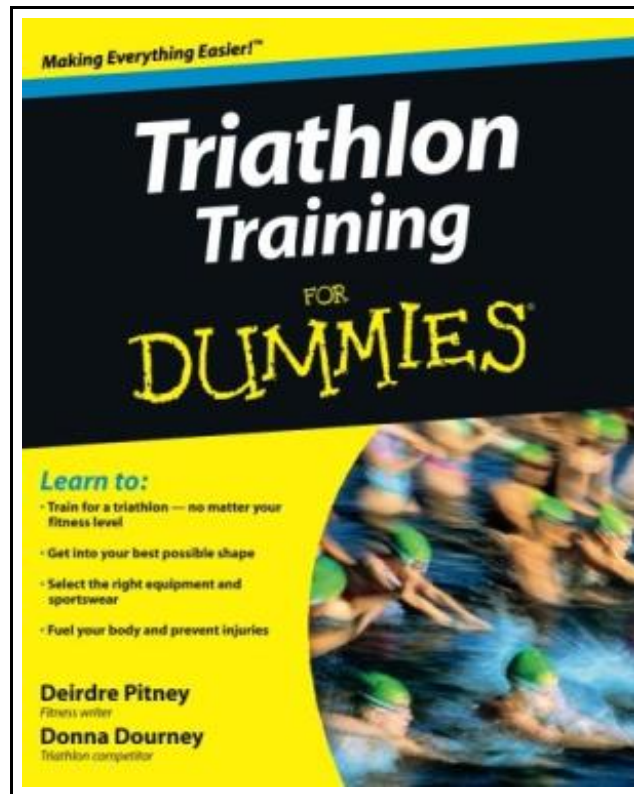


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- Choose an event to train for based on your fitness level*
- Get into your best possible shape*
- Select the right equipment and sportswear*
- Train for an Olympic, Sprint, or Ironman triathlon*
- Fuel your body and prevent injuries*
- Prepare for training sessions*
- Maintain energy and recover quickly*
- Set training schedules for every triathlon event*
- Treat common training and racing injuries*
- Live like an athlete

Triathlon Training For Dummies comes complete with resources for finding triathlons near you, lists of items to bring along on race day, and tips on registration formalities and racing etiquette.



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