



# The 12-Week Triathlete: Train for a Triathlon in Just Three Months

*Tom Holland*

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Imagine being able to compete in a triathlon in just three short months! You can, with this all-encompassing, easy-to-use training program! ***The 12-Week Triathlete*** gives the most exciting, encouraging, and up-to-date exercise information for the fitness enthusiast. Whether you're a beginner or a seasoned triathlete, this book offers a complete program that will help you strengthen, tone-up, and both physically and mentally prepare for the big day. It will appeal to both men and women and includes:

- 12 weekly training programs
- nutrition information
- logs
- sport specific question & answer sidebars (biking, running, and swimming)
- information on weight-training, endurance training, speed work, and more
- basic questions about competing: Can you eat during a race? How do you line up your bike so you can jump right on it? What's the best way to quickly shed your swimsuit?

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