



## Triathlon: Start to Finish

*Sam Murphy*

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# Triathlon: Start to Finish

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**Triathlon: Start to Finish** Sam Murphy

**The definitive guide to the swimming, cycling and running event.**

According to *Triathlete* magazine, there are more than one million multi-sport athletes in America, and this number is growing. Some triathlon clubs report that membership is doubling year after year. **Triathlon** is the complete guide to training for and participating in this extreme sport.

Sam Murphy helps the triathlete through every flutter kick, pedal stroke and stride along the way to completing a triathlon, whether it's the elite Ironman competition or a local qualifying event.

The book gives expert guidance and shows how to:

- Improve overall fitness and design a personalized training program
- Work on techniques and performance in each of the three sports
- Master smooth transitions between each sport
- Choose the right races, tailored to specific expertise and fitness levels
- Fuel performance
- Stay injury-free and motivated.

Charts, checklists and dozens of sidebars feature drills, give pointers on technique and provide tips on everything from improving endurance and staying focused to choosing the right equipment. Color illustrations throughout highlight the important performance elements of each sport.

***Triathlon*** is the best and most comprehensive guide for the growing number of triathletes.

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