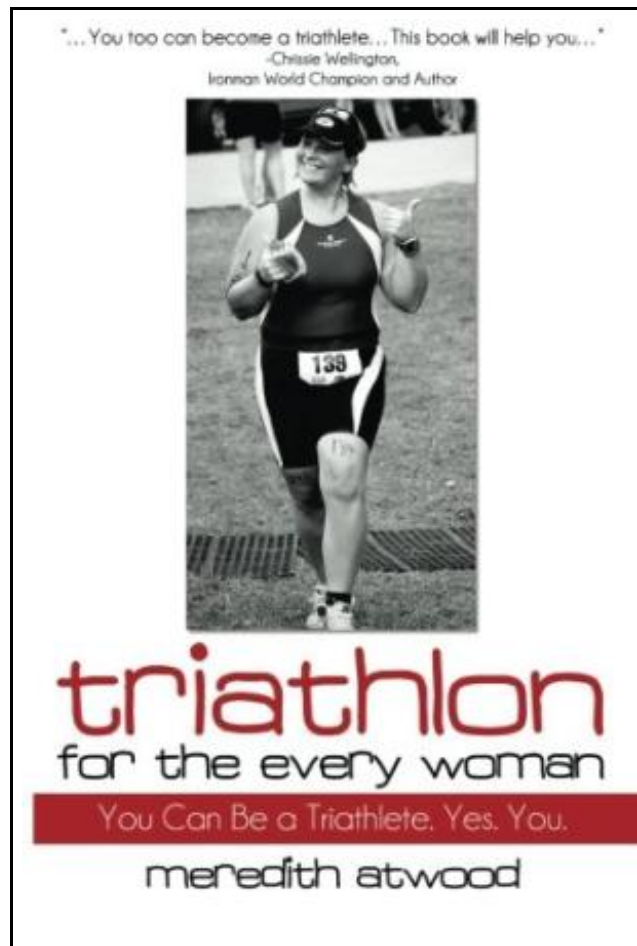


## Triathlon for the Every Woman: You Can Be a Triathlete. Yes. You. (Paperback)



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### **Reviews**

*This ebook can be worthy of a go through, and a lot better than other. Better then never, though i am quite late in start reading this one. Its been printed in an exceedingly easy way which is just soon after i finished reading this book where basically modified me, affect the way i really believe.*  
(Seth Fritsch)

## **TRIATHLON FOR THE EVERY WOMAN: YOU CAN BE A TRIATHLETE. YES. YOU. (PAPERBACK)**



Tricycle Books, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Triathlon for the Every Woman is a hilarious and informative read--full of expert advice, training tips, and stories to turn a tired, busy woman into a tired, busy woman TRIATHLETE--no matter her size, age or place in life. Meredith Atwood, an overweight and overworked wife, mother and attorney, went from the couch to the finish of a half Ironman triathlon in a little over a year. Her book, full of contributions from expert coaches, nutritionists and athletes, takes the reader through the disciplines of swimming, biking and running. In addition, the book includes comical accounts of battling the scale and the balancing act of training with a spouse, kids and a full-time job. The book will inspire and entertain-- and have even the busiest of women taking on the challenge of swimming, biking and running. Even for those lacking in time, motivation or hope, Triathlon for the Every Woman will turn everything around and make any woman a believer.

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