



Triathlon for Women: Triathlon: A Mind-Body-Spirit Approach for Female Athletes (Ironman Edition)

Lisa Lynam

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This volume aims to guide, educate, and inspire women to get the most out of their sporting endeavours - whether just starting out, a seasoned competitor, or at the very top of the game. "Triathlon for Women" looks at all aspects of fitness and skill development, how to make the right nutritional choices for your body, and the physical and mental preparations needed for racing. This volume goes beyond the regular science and theories behind triathlon training, and gives a more complete mind-body-spirit approach that will enhance enjoyment for all women triathletes.

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