



Breakthrough Triathlon Training: How to Balance Your Busy Life, Avoid Burnout and Achieve Triathlon Peak Performance

Brad Kearns

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The perfect triathlete training guide?whether you're a beginner or are simply looking to improve your performance

Breakthrough Triathlon Training helps you discover your own abilities, identify weaknesses, and overcome pitfalls on the way to triathlon success. Brad Kearns shows you how to set realistic goals, and provides all the nuts and bolts of training, including sample exercises and flexible workout schedules to fit the demands of everyday life.

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